




WILLOWS HIGH SCHOOL



BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

Weekly Newsletter – 22.11.2024

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

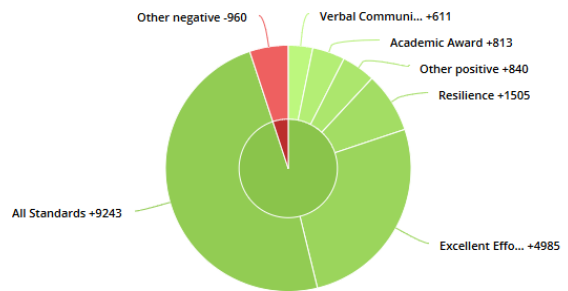
Belong, Believe, Achieve:

This week our pupils have been completing their GCSE Photography mock examinations, our Year 10 pupils have attended an Insight Day hosted by the Civil Service, watched a live streamed drama production and celebrated our diverse school population at the Nigerian cultural breakfast. Our assemblies have been encouraging our pupils to have high aspirations. Thanks to Mr. Smith for leading it.

Merits: 18.11.2024-22.11.2024

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.

Willows High School Conduct Overview
18/11/2024 - 22/11/2024



Year Group	Total	Excellent Effort	Merit Champions
Year 7	3716	7DeBeauvoir	Mandra Jayaweera
Year 8	3441	8Schumann	Nisa Noor
Year 9	4427	9Dali	Michael Ifeajika
Year 10	3721	10Curie	Ethan Brown
Year 11	3188	11Farrah	Ayomide Ogedengbe

Dates for your Diary:

- 25-28/11: Year 7 "I want to be" project
- 26-27/11: Art mock exams (Group 1)
- 28-29/11: Art mock exams (Group 2)
- 29/11: Year 9 Basketball Tournament
- 29/11: Flu Immunisations



Our Valued Partners



School News:

Duke of Edinburgh

This year our Duke of Edinburgh pupils are coordinating our Christmas Foodbank donation as part of their volunteering in the community hours. Last year was a huge success supporting a local community group Tremorfa Pantry with around 600 items. Please if you can, consider donating one or two items from the list for an amazing cause at such an important time of the year. Donation boxes are located in all classrooms and in the reception area.



Please support our **Christmas Food Bank** **Donation** by bringing 1 or 2 item from the list. These items are donated to local community groups, and made available to families in need within our community ready for Christmas

WE CAN ACCEPT...

All donations (food and other items) must be in date and in the original package and unopened. We can only accept and distribute unopened items in the original packaging. We cannot accept gift wrapped items - gift wrapped donations will be opened and checked before distribution.

Food Items

- Soup - (tins & packets)
- Tomatoes (tinned)
- Baked Beans
- Potatoes (tinned)
- Vegetables (tinned)
- Meat (tinned)
- Fish (tinned)
- Pasta/Rice
- Cooking Sauces (pasta sauce etc)
- Breakfast Cereals
- Biscuits
- Tea
- Coffee (instant)
- Fruit (tinned)
- Milk (EHT long/life 1 litre)
- Fruit Juice - long life (1 litre cartons)
- Squash (1 litre bottles)
- Savoury Snacks (Crisps, crackers etc)
- Chocolate/Sweets
- Condiments (Ketchup etc.)



Drama

Last week pupils were treated to a Musical Theatre workshop with West End star Elliott Evans, who has recently performed as Marty McFly in Back to the Future in London's West End. Pupils learnt a routine from the show and took part in a question and answer session with Elliott. It looks like we might have some budding West End stars here at Willows, fantastic talent and dedication during the session. Well done all and a huge thank you to Elliott!

Football

Our Year 8s travelled over to Pentwyn Leisure Centre to take on St John's in a mini football tournament on Wednesday this week. It was a great opportunity for lots of boys to get plenty of game time. Lots of fun had by all. We look ahead to a busy one next week, our Y8s have a big one, a cup fixture Vs Cardiff High



Boys Football Matches Autumn 2

- ~~Y8 Thurs 7th Nov Vs St Teilo's (h)~~
- ~~Y7 Wed 13th Nov Vs St Teilo's (a)~~
- Y8 Wed 20th Nov Vs St Johns
- Y7 Tues 26th Nov Vs St Johns (a)
- Y8 Wed 27th Nov Vs Cardiff High (a)
- Y8 Thurs 5th Dec Vs Plasmawr

More tbc



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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=CrulgiNZXHg>



Year 10 Careers Carousel

This week the whole of Year 10 took part in a Careers Carousel, which involved talks from a variety of industries. Our visitors were from

- Principality Building Society
- Morgan Sindall Construction
- Network Rail
- Cardiff & Vale University Health Board
- Home Office
- Gallen, our allocated careers advisor from Careers Wales

The aim of the carousel was to give pupils an insight into these different industries and make them aware of the range of jobs that they encompass. Gael spoke to the pupils about their options when they leave school – including college, apprenticeships and jobs.

As always, the vast majority of pupils were excellent and interacted with the visitors really well. Hopefully, it gave them an insight into some of the jobs that exist and the entry routes within those industries.

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

Careers Wales

Careers Wales is committed to ensuring that parents are empowered and suitably prepared to support their child in their career planning.

In addition to the information and tools available on our website, we create a newsletter for parents every term.

We are pleased to share our autumn newsletter with you. Please click on the links below, One version is written for parents and carers of children in mainstream education. The second version is for parents and carers of children with additional learning needs.

Newsletter for parents and carers of children in mainstream education:

https://publicfiles.careerswales.gov.wales/cw-marketing/newsletter_parents_autumn.pdf

Newsletter for parents and carers of children with additional learning needs:

https://publicfiles.careerswales.gov.wales/cw-marketing/newsletter_parents_autumn_aln.pdf



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Special Resource Base

SRB had a Gruffalo Tea party and performed the story in front of Tremorfa Nursery and various member of school staff. The children did us proud in learning their lines and acting out the story. Amongst the goodies, there were Scrambled snake, Owl ice cream, mouse droppings, Gruffalo paws and Roasted Fox sandwiches. Riley and Ayaan loved the Roasted Fox sandwiches. Drew loved the scrambled snake noodles!



Over the last 2 weeks the children have learnt rhyming pairs, they have done lots of work on adjectives, describing the Gruffalo and this week they had a written a recount of the story. Staff have been very proud of the children's final Big Write!
Well-Done SRB!!!

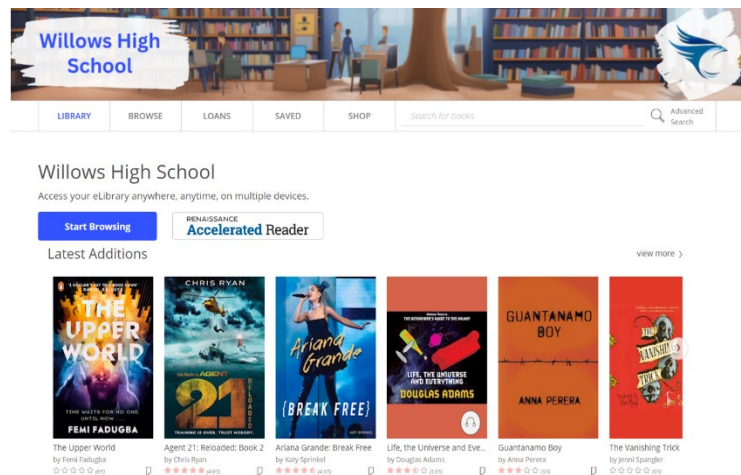


E Platform Learning

We are pleased to confirm that our subscription for E-Platform is now live. All pupils have been provided with an account and login details. A letter confirming these details will also be sent out shortly.

E-Platform is an online library where our pupils can choose and read books of their choice in line with their reading age. It is a great addition to our school and allows pupils to read anytime and anywhere.

The E-books can be accessed via the E-platform app, which can be downloaded via the QR code below. Alternatively, use the following website: <https://willowshighschool.eplatform.co/> To use please use setup code 5452. Your username will be the same as your STAR test, password is *book*. All pupils have been provided with these details but please ask your English or J7 teacher will have these details if you are unsure.



STAR tests for this term have also been completed for KS3 and results will be shared shortly. As a reminder, we ask that all pupils read for a minimum of 20 minutes a day. This will have a huge impact on their literacy levels and ensure success in school and beyond. If you have any concerns about your child's reading, please do not hesitate to contact their English or J7 teacher.

Access your eLibrary anywhere, anytime, on multiple devices

Download on the App Store | GET IT ON Google Play

SCAN TO LAUNCH APP

Or add using your setup code 5452

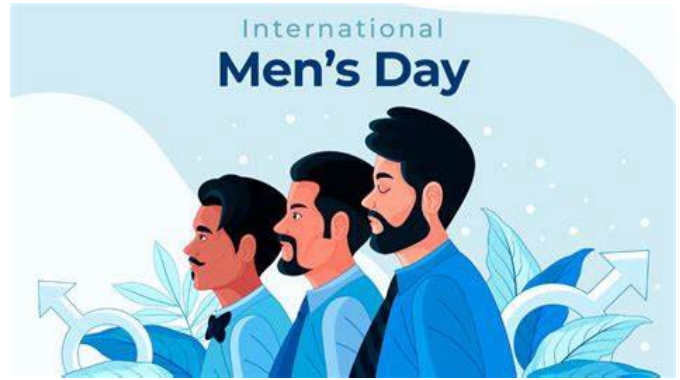
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International Men's Day

This week on Tuesday November the 19th we celebrated International Men's Day by thinking about Inspirational Male Role Models in our lives.

Here are some organisations that help and support men. Alternatively, you can Google the International Men's Day site online.



- [Mens Sheds Cymru - The home of Mens Sheds in Wales](#)
- Both Parents Matter
Wales/Cymru: <https://bpmuk.org/>
- Fathers Mental Health UK:
<https://fathersmentalhealthuk.my.canva.site/>
- Paul Lavelle Foundation: <https://paulavellefoundation.co.uk/>
- Lads Need Dads: www.ladsneeddads.org
- Prostate Cancer UK: www.prostatecanceruk.org/
- Men's Health Forum: <https://www.menshealthforum.org.uk/>
- CRUSE Bereavement: <https://www.cruse.org.uk/>
- [Men's Minds Matter | Men's Mental Health & Suicide Charity](#)
- Man Down Project: <https://www.facebook.com/themanddownproject/>
- Male Survivors Partnership: <https://malesurvivor.co.uk/>
- [Support for male victims of domestic violence in Wales — Cymru Ddiogelach - Safer Wales](#)
- ManKind Counselling: <https://mkcharity.org/>
- <https://www.tidybutt.co.uk/>

Nigerian Cultural Breakfast



Today we held our hugely successful Nigerian Cultural breakfast. A big thank you to all who came and shared food and drink. There some delicious dishes, including one made by our very own Mr Aideyan. Huge



thanks to Mrs. Amos for overseeing the planning of the event.

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Dear parent or guardian,

The School Nursing Immunisation Team will visit school on 29/11/2024 to offer children a nasal spray flu vaccine.

The NHS recommends that your child has a flu vaccination every year.

Please read the information enclosed and complete the consent form as soon as possible and no later than 5 days before the day of the session. Any late forms may result in your child not receiving the nasal flu spray at school and an offer of a catch-up clinic will be made. To access the consent form, please use the link below or scan the QR code with the camera on your mobile phone to access the E-Consent Form.

<https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjjgkCoVkM8ntyProwc0tRo7SIfoDpDo7y1M5RUQ1BFV0hZQkcwV0c4UzNWQjMzS01SVFI1Ri4u>



It's very important to protect your child from flu this winter to make sure they stay as healthy as possible. The best flu vaccine for most children is a nasal spray. This is the vaccine that will be given on the day. If you want more information about flu vaccination for children, please contact the School nursing Immunisation team, or visit phw.nhs.wales/flu vaccine

An animated video for primary school aged children about flu and the flu vaccine is available at: phw.nhs.wales/AboutTheFluVaccine

Please keep this letter, as it contains the date of the vaccination session and contact details.

Yours sincerely,

School Nursing Immunisation Team

After you have returned the consent form, please contact the immunisation team on 02920 907661/664 before the vaccination session if: there are any changes to your child's health, or, their asthma medication is increased, or they are prescribed oral steroids they become wheezy, or, your child has already received the vaccine elsewhere. Note: There are a very small number of children who should not have the nasal flu vaccine. Please see the information enclosed for more detail, or look at phw.nhs.wales/flu vaccine



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Careers Wales Quality Award Pilot



Willows High School has been selected, by Careers Wales, to take part in the second phase of the pilot scheme for the new Careers Wales Quality Award.

The new award which is aligned with the Curriculum for Wales will support schools to create high quality careers and work-related experiences (CWRE). It will replace the existing Careers Wales Mark, which Willows High gained in 2020.

The Careers Wales Quality Award aims to support schools with learners aged 3 to 16. It will support the development of purposeful and relevant CWRE across the curriculum. The award has 3 stages, each with a different focus.

Stage 1 – Leadership - This stage is about formulating and maintaining the commitment to lead the development of CWRE.

Stage 2 – Development - This stage is about realising CWRE in the curriculum through professional learning, stakeholder engagement and effective teaching and learning.

Stage 3 – Impact - This stage is about demonstrating impact in CWRE.

Willows High is one of only 21 secondary schools throughout Wales to be offered a place on the pilot scheme for the new award.

Curriculum Coordinators from Careers Wales will work closely with the school to develop the best model for the Careers Wales Quality Award. Together we will develop and refine:

- Assessment methods
- Evidence
- Documentation
- Professional learning requirements

The offer to be part of the pilot scheme shows how well Willows High School are doing in terms of career opportunities and employer provision to the pupils. This is a real “feather in our cap” and the award will show the continued high standards that we expect at Willows.

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.



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Adult Learning Classes



If you are interested in any upcoming courses or have any suggestions for courses that you would like us to look into running at Willows, please contact our Family Community Engagement Officer Karen Hunt karen.hunt@willows.cardiff.sch.uk

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.



LOOKING FOR A CAREER IN CONSTRUCTION?



Cardiff Council & Morgan Sindall construction are working on this exciting new development on the Willows High campus

Interested? Scan the QR code to register



The Onsite Construction Academy offers FREE local training to gain your CSCS card and provides onsite experience and employment opportunities.

www.onsiteconstructionacademy.co.uk

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.

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Afternoon Tea Dance



Exciting news! Thanks to funding from them [McCarthy Stone Foundation](#) and the [Barchester's Charitable Foundation](#), Splott Community Volunteers is launching a monthly tea dance to bring people together for an afternoon of fun, food and foot tapping, starting on Friday the 29th November!

The event is free of charge and is aimed at residents age 65 and over. There will be live music and a lovely spread and transport can be arranged at no cost to the participant.

Please share with anyone living in Splott or surrounding areas that you think may enjoy.

To book a space and/or arrange transport, email info@splottcommunityvolunteers.co.uk or call 07707818093.

Huge thank you to our funders, without whom the events wouldn't take place ❤️

Be Our Guest Event

We would love to invite all our young carers and pupils who have lost a parent or sibling into the canteen with a plus 1 of their choice. Mum/dad/aunt/uncle, whoever they would like to spend some quality time with. We will wine and dine them with a Christmas dinner, pudding, bingo, Christmas music and our school choir.

It will take place 11/12/24 – 4.30pm -6.30pm



Measles

A close-up photograph of a child's arm showing a red, raised, and itchy measles rash. The rash consists of small, raised bumps that are slightly larger than a pinhead.

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.

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 \(nhs.wales\)](#)

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How to get a free electric blanket this winter



Winter can be tough, especially when it comes to heating your home. With rising energy bills, many of us are looking for ways to stay warm without burning a hole in our wallets.

A cheap and cheerful option to help you stay cosy is the electric blanket. And you could get one for **free** as both OVO Energy and Octopus Energy are offering free blankets to their customers this winter.

Let's dive into how you can get your hands on one.

Why an electric blanket?

Electric blankets are a fantastic way to keep warm. They provide quick, targeted heat, meaning you can stay snug without needing to crank up the thermostat. And they can cost as little as 3p per hour to run, making

them a very cheap option for the cold days ahead of us.

If you're worried about your energy costs this winter, an electric blanket could be a game changer.

OVO Energy's free electric blanket

If you're an OVO or Boost customer, you can [apply online](#) for the supplier's customer support package, which includes free energy-saving products, e.g electric throws and mattress toppers.

It should take you around five minutes to fill out the application.

You'll need:

- Your monthly disposable income (this is what you have left after taxes, rent or mortgage, and essential bills like utilities). If you don't know, you can use the online tool to help you work it out.
- You may also need to provide recent meter readings. It's best to have these ready if you can.

OVO's £50m scheme also includes [additional support](#):

- payment holidays for prepayment customers
- increased emergency credit of £15
- direct debit reductions
- extended repayment plans
- energy-saving measures like loft insulation, new boilers or heat pumps
- extra help for pensioners (you may still be eligible for help if you've lost the winter fuel payment)

Octopus Energy's free electric blanket

Octopus Energy is giving away 20,000 free Dreamland electric blankets to those most in need this winter (one per household).

Those who are "medically vulnerable, elderly, or living alone" will be prioritised.

You also need to be an Octopus customer.

People are urged to [create a Paylink budget](#) to find out what support is available and whether you qualify for financial assistance.

If you're worried about paying your bills, you can contact Octopus directly to see what other help is available through their £30m Octo Assist Fund.

Tips for making the most of your electric blanket

- Use it to warm your bed before you sleep.
- Keep your blanket on a low setting to save power.
- Only use it when you are in bed or on the sofa – avoid leaving it on unattended.
- Layer it with your normal bedding for extra warmth.

Other ways to stay warm this winter

While an electric blanket is a great addition to your winter arsenal, there are other ways to stay warm and cut energy costs:

- Wear layers – heat escapes through your body. Wear thick socks, jumpers, and even a hat indoors.
- Seal drafts – check windows and doors for drafts and seal them to keep the warmth in.
- Use thick curtains – they can help to keep the heat in during the night.
- Consider a hot water bottle – they're an old-fashioned but effective way to stay warm.
- Apply for a grant – most energy companies set money aside to help people who are really struggling. Read more about [the additional support available](#) with our guide.

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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.



Attendance Draw Winners (week ending 15th November)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers
Winner: Lee Walters

Fast Pass Weekly Draw – go to the front of the canteen queue for a week

Year 7 winners: Miqdad Folorunsho, Omer Mohammed

Year 8 winners: Amaya Donnelly Mohammed, Ethan Higgins, Sakina Maqbool

Year 9 winners: Isham Candra, Bajen Faisal

Year 10 winners: Maisie Richards, Lily-May Tiltman

Year 11 winners: Mohammad Mahmood, Narjes Alfadli

Attend Like a Champion!

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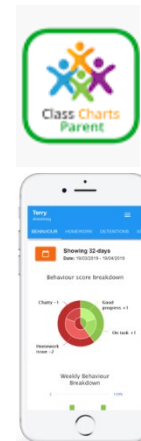
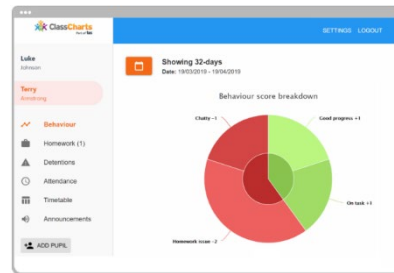


Class Charts

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.



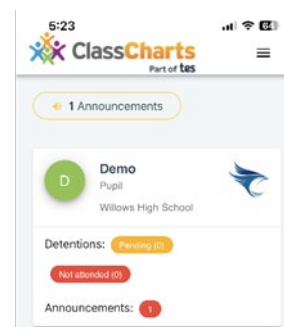
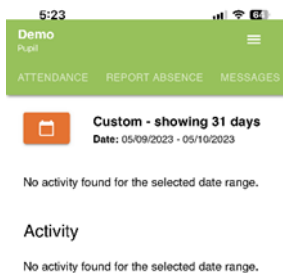
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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.

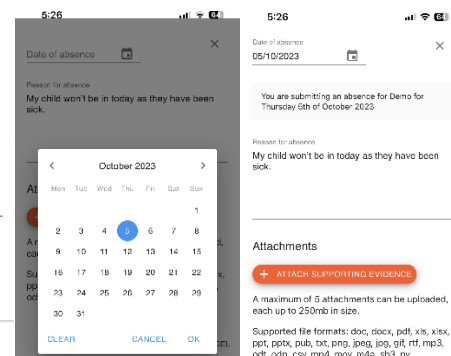
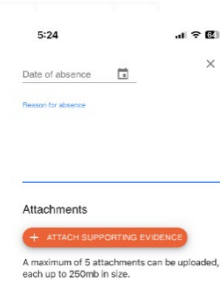


2. Scroll across the green band at the top and click 'report absence'.

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!

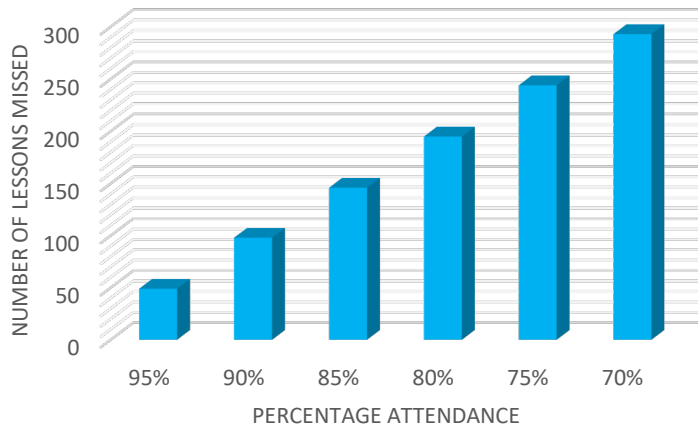
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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Important information about attendance to school

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

Number of lessons Missed



Unfortunately, this doesn't translate to your child's attendance.

90% attendance for the school year means that your child has **missed 98 lessons**. How are they going to make that time back?

Even **95% attendance** which is the Welsh Government's threshold for good attendance means your child would have **missed 49 lessons** over the school year. This is a lot of work for your child to miss.

The chart above shows how quickly the number of lessons your child misses increases as their attendance drops.

The greatest gift that we can give your child is an amazing set of examination results at the end of Year 11. To provide the best possible conditions for this to happen, your child needs to have as high an attendance percentage as possible.

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

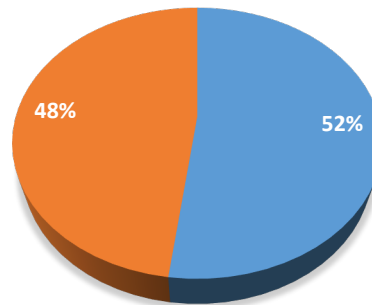
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

Please consider your child's education before making appointments during the school day, and if you have no option, please consider how they are going to catch up on the work they have missed and report the absence every day through Classcharts.

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

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

Days in School / Not in School



■ In School ■ Not in School

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Important Information for All Parents and Guardians

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

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

Fines are **£60** at first, then rising to **£120** - 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.

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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:

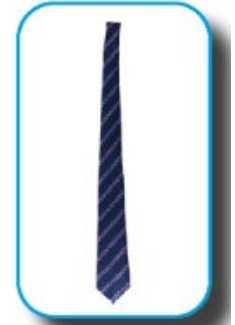
<https://indd.adobe.com/view/1dbf54a5-38cf-494f-9166-50b358b2e824>

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

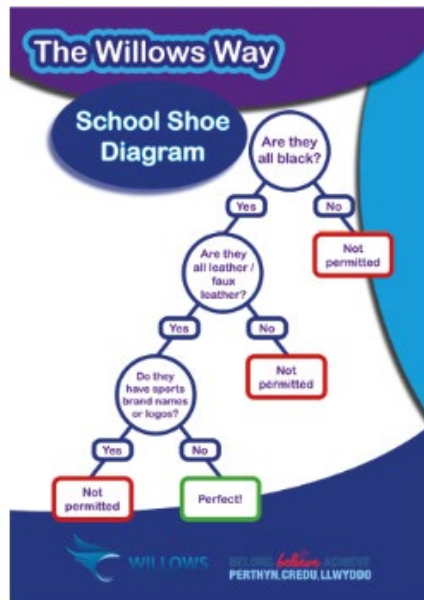
P.E. Kit:

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:



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.



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

Our Valued Partners

Mobile phone use in school FAQs

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

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

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



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

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

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

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

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

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

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

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

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

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

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

Can devices be used during breaks/lunches?

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

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

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

Our Valued Partners

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:

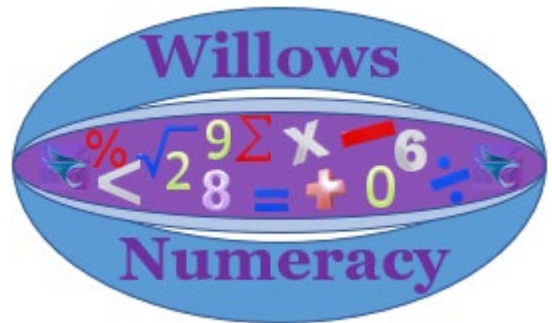


1. accommodation
2. argument
3. neighbour
4. nervous
5. quiet
6. quite
7. receive
8. sincerely
9. surprise
10. until

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

 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

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

Our Valued Partners

Numeracy Terms and Question of Week 11, starting 18/11/2024

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 10

Fund Raising:

Computers	Cell Phones
<ul style="list-style-type: none"> Bonobo laptops: 800 g each uPads: 600 g each HomeBooks: 1.2 kg each 	<ul style="list-style-type: none"> uPhones: 375 g each Mixel phones: 100 g each

Solution:
 Since there are a small number of items for each waste product, we will find the mass for each specific waste product in kg and then approximate the mass in pounds.

Computers:

- Bonobo laptops:** Since each laptop is 800 g, then six laptops are $6 \times 800 = 4800$ g. Therefore, six Bonobo laptops are approximately 5 kg.
- uPads:** Since each uPad is 600 g, then four uPads are $4 \times 600 = 2400$ g. Therefore, four uPads are approximately 2.5 kg.
- HomeBooks:** Since each HomeBook is 1.2 kg, then two are $2 \times 1.2 = 2.4$ kg. Therefore, two HomeBooks are approximately 2.5 kg.

This is approximately $5 + 2.5 + 2.5 = 10$ kg of computer waste.

Since each 1 kg is approximately 2 pounds, then there is approximately $10 \times 2 = 20$ pounds of computer waste. So, the computer e-waste is worth approximately £20.

Phones:

- uPhones:** Since each uPhone is 375 g, then two uPhones are $2 \times 375 = 750$ g. Therefore, two uPhones are approximately 1 kg.
- Mixel phones:** Since each Mixel phone is 100 g, then four Mixel phones are $4 \times 100 = 400$ g. Therefore, four Mixel phones are approximately 0.5 kg.

This is approximately $1 + 0.5 = 1.5$ kg of cell phone waste.

Since each 1 kg is approximately 2 pounds, then there is approximately $1.5 \times 2 = 3$ pounds of cell phone waste.

The cell phone e-waste is worth approximately £6.

So, the total value is approximately $\pounds 20 + \pounds 6 = \pounds 26$.

Numeracy Answer for week 10

Numeracy Question for week 11

Question of the week 11

Shape Statements

Make each of the following statements true by filling in the blanks with either: All, Some, or No.

Justify each choice.

A) _____ rectangles are parallelograms.


B) _____ triangles have three lines of symmetry.

C) _____ trapezoids are quadrilaterals.

D) _____ hexagons have three pairs of parallel sides.

E) _____ rectangles are squares.


F) _____ triangles have two right angles.




Terms of the week 11

Positive and Negative numbers:

Positive numbers: Positive numbers are numbers that are greater than zero. Numbers can be positive, negative or zero. Zero is neither positive nor negative. Positive numbers are the ones you most encounter in everyday life, such as 34, 9.22, etc. When shown on a number line, they are the ones usually drawn on the right of zero, getting larger as you move to the right (in blue colour).



Negative Numbers: Negative numbers are numbers less than zero denoted with the symbol (-). When shown on a number line, they are the ones usually drawn on the left of zero, getting smaller as you move to the left (in red colour).



Numeracy Terms for week 11

Our Valued Partners

MathsWatch

All of our pupils' 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 pupils 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 for 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.



Whole School Leaderboard

#	First Name	Surname	Year	Class
1	Oliver	Pipe	8	8BE/Ma
2	Grace	Seager	8	8SC/Ma
3	Manasik	Adem	7	7CA/Ma

Year Group Leaderboards

#	First Name	Surname	Year	Class
1	Manasik	Adem	7	7CA/Ma
2	Abdullah	Althani	7	7CY/Ma
3	Saadique	Durani	7	7SO/Ma

#	First Name	Surname	Year	Class
1	Oliver	Pipe	8	8BE/Ma
2	Grace	Seager	8	8SC/Ma
3	Kevin	Prasanth	8	8SC/Ma

#	First Name	Surname	Year	Class
1	Sajel	Nasir	9	9HP/Ma
2	Derek	Johnson	9	9MA/Ma
3	Demilade	Ayo-Onipede	9	9HP/Ma

#	First Name	Surname	Year	Class
1	Megan	Worthey	10	10CU/Ma
2	Gina	Kong	10	10CU/Ma
3	Aira	Setiadji	10	10CU/Ma

#	First Name	Surname	Year	Class
1	Mohamad	Bouni	11	11MK/Ma
2	Blessing	Sambo	11	11ED/Ma
3	Ethan	Brittan	11	11MK/Ma

TimesTable Rockstars

Single numeracy boost sessions are provided to all our Year 7, 8 & 9 pupils on a fortnightly basis to enrich their Mathematical Skills, specifically with a focus on times tables. Pupils will be accessing their TTRS accounts and improving their knowledge of the times tables.



At home, pupils should log on to TTRS via their technological devices at home. There is also a phone app that they can download via Apple or Android, free of charge.

All the pupils have 5-10minutes daily tasks on there to help consolidate their times tables. It will also earn them coins to use for customising their own individual avatars. Similarly to MathsWatch, there will be a leaderboard and certificates to reward their efforts.

Please congratulate the **“Top 3 TTRS”**, who have improved their speed time in answering times tables questions! Keep practicing everyone!



For any login issues, please email Miss Santos at dana.santos@willows.cardiff.sch.uk

Our Valued Partners



Community

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

[The Community Noticeboard » Green Squirrel](#)



[Inksplott | Community Is Everything](#)

Cardiff Salad Garden Community Research 2024

Cardiff Salad Garden has two community garden sites in Bute Park and Riverside Community Garden in Pontcanna Allotments.

They work to help people access good quality, locally-grown food, develop their physical and mental wellbeing and feel part of a supportive community.

Please could you take a few minutes to complete the survey below to share your views about how the project could develop.



<https://docs.google.com/forms/d/e/1FAIpQLSdZM9dPoRZh5gIEUV7BLYmFSa2l1Zb4mrMR-smLsIKWPwzvnA/viewform>

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, shreddie, weatabix
- **Dried items:** pasta, rice, noodles

The Tremorfa Community Pantry

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

Tremorfa Community Hall, Tweedsmuir Road, CF24 2QZ.



Our Valued Partners

cowshed



VOCO St. David's Cardiff



ARUP Taylor Wimpey



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.



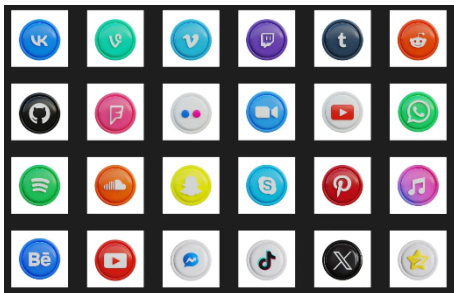
Splo-down



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-children-safe/online-safety/>

Our Valued Partners



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

Wedi ei ariannu gan Lywodraeth y DU a'r UK Government

DEVELOPING A CHILD'S KNOWLEDGE OF NUMBER

WITH THE MULTIPLY TEAM

Mondays - starting 18th November
5 weeks
10am - 2pm
Willows High School Learning Lounge

YOU WILL...

- Explore a variety of ways to help children gain knowledge of number.
- Plan, design, and make games that can be used to support your child's learning.
- Work towards an accreditation; *Agored Family Programme - Developing a Child's Knowledge of Number - 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.ADVILTLEARNINGCARDIFF.CO.UK
ENROL BY PHONE: 029 2087 1071 ADVICE LINE 029 2037 2539 (9.00am - 5.00pm)

Dyysu Qedolion 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 waith gyhoeddus into work service Dyysu Qedolion Adult Learning CARDIFF CAERDYDD

Our Valued Partners



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.

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, if you would like to use the pantry at any other time please email Karen Hunt who will be happy to help !



MCKS
Charitable Foundation UK

Our School Pantry Cupboard is proudly supported by
MCKS Charitable Foundation UK



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.

Our Valued Partners

cowshed



VOCO | St. David's
Cardiff



ARUP | Taylor
Wimpey



Are you a parent who has had depression or struggled with low mood?
Do you have a child aged 13-19?



Our study will...
offer young people the opportunity to learn wellbeing skills through an online cognitive behavioural therapy (CBT) group program

and...
offer additional support to parents with depressive symptoms

Receive up to £160 in vouchers

WE WANT TO HEAR FROM YOU
Scan the QR code to register your interest in taking part



Please get in touch:
SWELL@cardiff.ac.uk
07720 145111





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/>.

THE 14 FOOD ALLERGENS

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

Our Valued Partners



Period Dignity

We have been working hard to reduce the stigma over periods for the last two years in line with all Wales objectives. We are hoping to achieve the 'Period Standard' award soon. Please take a few moments to familiarise yourself with the document featured in the link below:

<https://www.gov.wales/sites/default/files/publications/2023-02/period-dignity-strategic-action-plan-young-people%27s-version.pdf>

Just a reminder that school can provide tampons, pads, menstrual cups and period pants for pupils which are provided by the LA. Please direct pupils to form tutors, the Welfare Office, the Main Office or to Mrs. Bubbins if you think they may need help with this.

All Year 8 pupils will be receiving a 'Period Dignity' workshop from qualified advisors from Brook on Wednesday 8th December. Please e-mail Mrs. Bubbins, in advance, Kelly.bubbins@willows.cardiff.sch.uk if you have any questions about this.

We would like to hear your views on improving period provision. We have implemented many of your ideas from our last survey and value your opinions. The link to the Parent Questionnaire is here:

<https://forms.office.com/e/RBkJKggA1Z>

Likewise, we would like more feedback from our pupils in this area. The link to the Pupil Questionnaire is here:

<https://forms.office.com/e/i2wscPQX7s>

Please take time to help us, help you have a dignified period.

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

Safeguarding:

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

Chat Health:

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

The graphic is split into two main sections. The left section is a teal box with white text that reads: "IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE ON 07520 615718 FOR CONFIDENTIAL ADVICE AND SUPPORT". Below this is an illustration of a hand holding a smartphone displaying a text message conversation. The right section is a white box with a teal border containing the text: "HEALTHY EATING CHANGES TO YOUR BODY" and "BULLYING SMOKING EMOTIONAL WELLBEING FEELING SAD OR ANGRY EXAM STRESS ALCOHOL DRUGS RELATIONSHIPS". At the bottom right, there is a small disclaimer: "We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would usually discuss it with you first. Your messages are stored and can be seen by other staff from the school who follow the same confidentiality rules. We aim to reply to you within your working day and you should get an automatic response back to confirm we received your text. Texts that are not able to be sent will result in a failed sending time. If you have any queries, please text 07520 615718 or call 0300 123 1000. Our text number does not accept voice calls or text to voice messages. We cannot message back or make numbers only text or replies. We do not include messages sent from landlines, international mobile numbers and some number ranging mobile apps. Please let the school know how sending messages to you by texting 07520 615718. Please respect your school's mobile phone policy. Messages are charged at your usual rate."

Our Valued Partners



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.

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Diolch:

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

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

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

Headteacher	Mr. Christopher Norman	Christopher.Norman@Willows.Cardiff.sch.uk
Welfare Manager	Miss. Kimberly Williams	Kimberly.Williams@Willows.Cardiff.sch.uk
Year 7 – Head of Year	Miss 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@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
SRB Leader	Mrs. Zahra Nurmohamed	Zahra.Nurmohamed@Willows.Cardiff.sch.uk

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

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**SUPPORT
OUR LOTTERY
TODAY**

**£1 per
week**

**Weekly
cash prizes**

**£25,000
jackpot**



**YOUR
SCHOOL
LOTTERY**



Splitting the £1.00

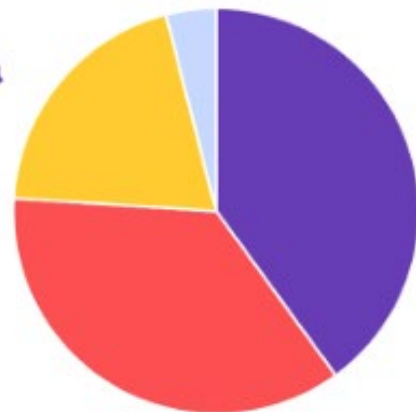
How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Willows High School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

It's so easy to join and will make a real difference to Willows High School



- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

The Maths... 100 tickets sold a week means
= £30 weekly cash prize
= £2,080 a year for our school



Buy A Ticket

GambleAware



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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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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 Miss Wrennal – G15	3.10 – 4.00 pm: Y10 and Y11 Intermediate Maths Miss Koncar – G19	3.10 – 4.00 pm: French Revision with your French teacher	
		3.10 – 4.00 pm: Y7, 8 and 9 Maths Miss Santos – G14	3.10 – 4.00 pm: Y7, 8 and 9 Maths Miss Higgins – 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 Mrs. Bubbins – 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 Miss Charles – G13		
		3.10 -4.00pm Art GCSE A* Masterclass Ms Elkes-Jones (F2)	Starting 09/10/24 – 3.10 – 4.00 pm Product Design catch up Mr. Konten (G2)		

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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 Mrs. Bubbins (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 Ms Elkes-Jones (F2) and Ms Jones (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 Miss Charles (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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Science Revision 2024 – 2025 (Up to Christmas):

Date	Year 10	Year 11
16/09/2024	Biology	Chemistry
23/09/2024	Physics	Biology
30/09/2024	Chemistry	Physics
07/10/2024	Biology	Chemistry
14/10/2024	Physics	Biology
21/10/2024	Chemistry	Physics
28/10/2024	Half Term	Half Term
04/11/2024	Biology	Chemistry
11/11/2024	Physics	Biology
18/11/2024	Chemistry	Physics
25/11/2024	Biology	Chemistry
02/12/2024	Physics	Biology
09/12/2024	Chemistry	Physics
16/12/2024	Biology	Chemistry

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