




WILLOWS HIGH SCHOOL



BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

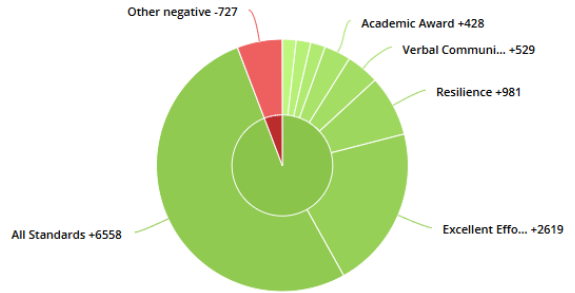
Weekly Newsletter – 29.11.2024

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

Belong, Believe, Achieve:

This week, our amazing Pupil Leadership Team have presented assemblies to the whole school on the topic of body shaming, our Year 7 pupils have been involved in a project run by Cowshed entitled 'I want to be..', pupils have been completing their Art and Catering mocks, engaging in debate and played in football & basketball tournaments.

Willows High School Conduct Overview
25/11/2024 - 29/11/2024



Merits: 25.11.2024-29.11.2024

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.

Year Group	Total	Excellent Effort	Merit Champions
Year 7	2536	7Socrates	Mandra Jayaweera/Mamadou Sumare
Year 8	2594	8Schumann	Nisa Noor
Year 9	2283	9Cour	Michael Ifeajika
Year 10	2405	10Curie	Brian Jaiyeola
Year 11	2006	11Farrah	Salma Zakir

Dates for your Diary:

- 2nd – 6th December: Catering mock exams
- 3rd December: SEREN careers visit
- 3rd December: Genius Hour mentoring session
- 3rd December: GCSE Media – visit from BBC
- 3rd December: Hamilton the Musical trip
- 4th December: SRB Techniquetrip
- 4th December: GCSE Media trip to Great Point Seren Studio
- 4th December: Big Ideas career talk
- 4th December: Carol singing at Tesco Pengam Green
- 4th - 6th December: Numeracy competitions
- 9th – 10th / 12th – 13th December: Storey Arms Residential
- 12th December: Cuppa with a Copper
- 16th December: Flu immunisations
- 17th December: Rewards Assemblies
- 18th December: A Christmas Carol (Year 9)
- 19th December: Last day in school for pupils
- 20th December 2024: INSET Day
- 6th January 2025: Spring Term begins (all pupils back in school)



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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. This year we will be supporting Splott Community Volunteers. 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

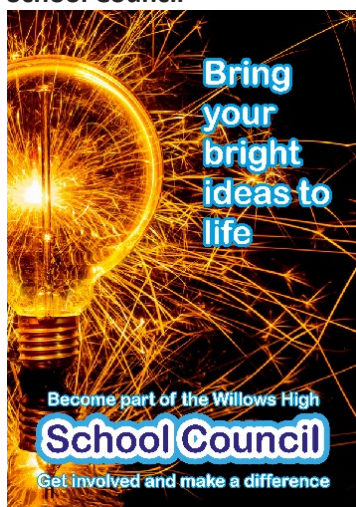
WE CAN ACCEPT...

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 (UHT) 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.)

School Council



We are looking for pupils from all of the diverse groups that make up our school community, from all year groups to join our School Council. We want to recruit pupils to help us continue to make Willows High School better and better. We want everyone to look forward to coming to Willows, we want everyone to have what they need to be successful in the future and we want everyone to maximise their achievements during their time here. If you think you've got what it takes to help make this a reality, look out for the application forms that will be made available in the coming weeks. Bring your bright ideas to life!

Football

It was a hugely successful afternoon of football hosted here at Willows on Tuesday. Almost sixty Year 7s from Willows and St John's competed in a round robin tournament. It was great to see so many pupils getting the opportunity to represent the school in competitive action. One of the Willows teams managed to win the tournament, which was nice, but the event and the high level of participation was the real winner!



**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 Plasnewydd

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>



Careers - Civil Service Insight Day

Recently, a group of Year 10 pupils were invited to visit the offices of the Civil Service, for the annual Civil Service Insights Day. This visit is only offered to a small number of schools, so Willows was honoured to be asked.

Throughout the day, the pupils attended several workshops designed to provide them with an insight into the various departments that operate within the Civil Service. They included:

- **Ofgem** - The Office of Gas and Electricity Markets
- **HMCTS** - HM Courts and Tribunals Service
- **HMPPS** – HM Prison and Probation Service
- **Youth Custody Board**
- **Crown Commercial**- The Crown Commercial Service (CCS)
- **DEFRA** – Department for Environment Food and Rural Affairs
- **MHCLG**- The Ministry of Housing, Communities and Local Government (formally Department for Levelling up Housing and Communities)

The pupils were superb throughout the day. Beth from the Civil Service even emailed the school to praise two of your pupils. She said:

“Please can you also pass my thanks onto the schools, the students were fantastic, so polite and friendly, really got involved, which was amazing to see!!! I have particular thanks to pass over to the students in the Youth Custody Service (2nd Workshop):

Willows High	Ameera Ashik
Willows High	Neev Collins

Please thank Ameera, Neev and your other pupils for making the day such a success.

Unfortunately, due to the secrecy involved in the Civil Service, we were unable to take any pictures of the day. Many thanks to Miss David, for escorting the pupils, to Adrian Cole for arranging the visit and to the staff at the Civil Service.

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Careers - Interview techniques

This week, Year 11 pupils were involved in a session that showed them how to prepare for a job interview. The sessions were beneficial in several ways. Firstly, the topic of “interviews” is an important part of the Agored Course that Year 11 sit. Secondly, the sessions also acted as a preparation session for the upcoming Year 11 Mock Interview Day, that will run in January.

To give the sessions more realism, they were run by people from different employers. They were:

- Cardiff and Vale Health Board
- Aldermore Bank
- Morgan Sindall

They covered a range of things to consider when sitting an interview. Things such as;



1. What to wear:

- Smart school uniform (if mock interview in school)
- Dress smartly for the interview
- A clean and neat appearance makes a strong first impression.

2. Greeting:

- A firm handshake (if culturally appropriate) and a warm, confident smile.
- Greet the interviewer by saying “Good morning” or “Good afternoon.”
- Thank them for the opportunity to interview.

Hints & Tips for a Face-to-Face Interview – The Basics

3. Body Language:

- Sit up straight and maintain good posture.
- No chewing gum
- Keep hands visible and relaxed (not fidgeting).
- Maintain appropriate eye contact – aim for a balance between looking engaged and not staring.
- Nod occasionally to show understanding and agreement.
- Avoid crossing arms or looking distracted.

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Different Types of Interview



Telephone
Generally informal – but be prepared!



Face to face
One of the most common types of interview



Panel interview
2 or more people. One will generally be the note taker



Online
Teams / Zoom



Group interview / assessment centre
Group activities and a face to face interview

Aldermore

Top Tips for Success!



Positive first impressions are important. Shake hands & be polite!



Make eye contact and remember to smile



Have examples ready to go that you've practiced saying out loud ahead of time



Take water with you and take a sip if you need some thinking time on a question



Remember to talk in the first person and use the opportunity to sell yourself



Remain positive – even if situations you discuss haven't been great, try to find a positive takeaway/learning



Take notes & have questions ready to ask at the end of the interview



Thank the interviewers for their time / opportunity

YOU MAKE IT HAPPEN

Many thanks to Adrian Cole for arranging the visitors and to all the different employers that took the time to come into school.

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This week, Year 7 pupils attended an activity about the Space industry in Wales. Willows was one of only 2 schools in Wales that were invited to take part in the activity.

Throughout the course of the morning, Tony Thompson, from a company called Thompson STEM, led 3 different sessions, that allowed the whole of Year 7 to attend and explore Space through several different

interactive activities. Tony explained how Wales is involved in the Space Industry and how this country plays a vital role in space exploration – a fact that most people are completely unaware of. He also identified a variety of different jobs involved in the Space Industry and made pupils aware of the numerous Welsh role models in the industry.

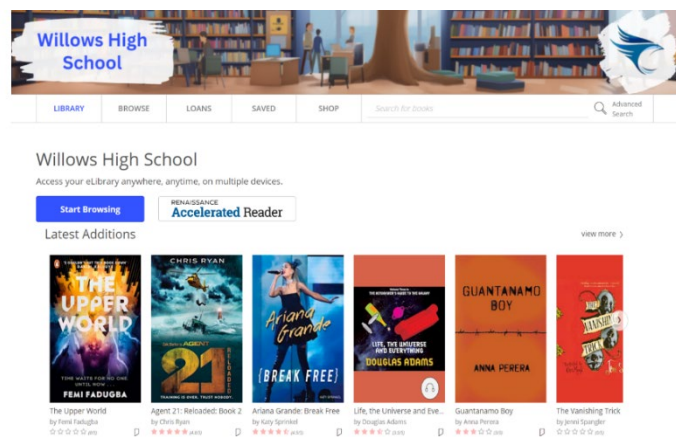
The pupils really enjoyed the session. Hopefully, we will see more of Tony in school in the future.

Many thanks to Adrian Cole from Careers Wales for arranging the session

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 Journey 7 teacher.



Access your eLibrary anywhere, anytime, on multiple devices

SCAN TO LAUNCH APP



Or add using your setup code **5452**

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Ask Cardiff survey 2024-Closing Soon!

Ask Cardiff Residents Survey 2024



Don't forget to have you say in the annual [Ask Cardiff survey](#) – it closes on 1st December.

[Ask Cardiff](#) is an annual survey that gives people living and working in Cardiff, and those visiting the city, the chance to share their experiences of public services.

By taking around 20 minutes to complete this survey, you will help Cardiff Council to:

- better understand how people experience the city and our public services.
- understand what is important to you and your local community.
- make changes and improvements to our city's public services.

Complete the Ask Cardiff survey and you could WIN –

- A family ticket to skate at this year's Winter Wonderland
- A £50 voucher for Cardiff International White Water
- One of ten £50 FOR Cardiff Vouchers, which can be spent in a wide variety of high street shops and restaurants.

Complete the Ask Cardiff 2024 survey online here:

<https://online1.snapsurveys.com/AskCardiff2024HoliCaerdydd>

You can complete this survey in English, Welsh, Arabic, Polish or Bengali.

Christmas Wreath Making



Get crafty this Christmas and [create your own](#) Christmas wreath or table decoration!

Our Community Park Ranger team are holding drop-in workshops on –

**Saturday, 7
December, 10.30am -
3.30pm at Forest
Farm**

**Sunday, 8 December,
10.30am - 3.30pm at
Roath Pleasure
Gardens**

10:30 - 15:30 LAST ENTRY 14:30
First come first served.

£20 for wreath
£15 for table decoration

PAY ON DAY

For more info click [here](#)

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Enrichment!

A big well done to Abbas in Year 7. Abbas hadn't had the opportunity to cycle before joining the cycling enrichment sessions this year. He's persevered and is now able to join in with the rest of our excellent cyclists.



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.

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School Prospectus/Parent handbook (2024-2025)

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



School Prospectus 2024-2025

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

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 using: 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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Santa Meet & Greet at YMCA- Fundraiser



The YMCA are holding a Santa Meet & Greet at YMCA Plasnewydd Community Centre.

Date: 14th & 15th December

Time: 10:00 AM – 2:00 PM

Cost: £5 per child (includes a gift)

Venue: YMCA Plasnewydd Community Centre, CF24 3ES

This event is a fundraiser, and all proceeds will support the YMCA's community programs.

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

Measles

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

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

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

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

GIG
NHS
Wales

Mae Brechu yn achub bywydau
Vaccination saves lives

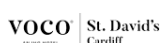


We are working in partnership with Cardiff and Vale Health Board, enabling children who have missed their scheduled appointments for MMR (measles, mumps and rubella) vaccines to access this in school.

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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Attendance

Contact Details - Willows High School

To Report an Absence:

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

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

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

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

Please do not use the old mobile numbers or email.

LET'S GET ATTENDANCE
BACK ON TRACK

NEW TERM - FRESH START

#EveryDayMatters
www.cardiff.gov.uk/schoolattendance

CARDIFF
CAERDYDD

Attendance Draw Winners (week ending 22nd November)

The Willows Way

BE IN TO WIN!

Fantastic Friday Weekly Draw
Every day that you are in school, you get an entry into the draw.
You MUST be in on the Friday Draw Day.
One pupil is chosen at random to win £50 worth of Amazon Vouchers

Fast Pass Weekly Draw
Everyone who has 100% attendance for the week gets an entry into the draw.
Two winners from each Year Group will win a Fast Pass to go to the front of the canteen queue for the next week

Attend like a champion

Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Semilore Fakeye

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

Year 7 winners: Emelia Charles, Mia Miller

Year 8 winners: Wasim Navid, Ayaan Miah, Rayan Younis

Year 9 winners: Kye Day, Manal Ahmed

Year 10 winners: Sheza Ali, Afaaq Sharieff

Year 11 winners: Mostafa Albilili, Kayden Gabb

Attend Like a Champion!

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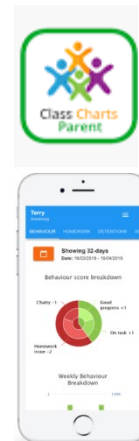
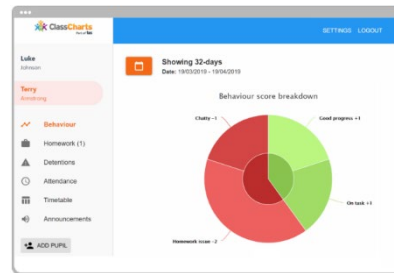


Class Charts

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.



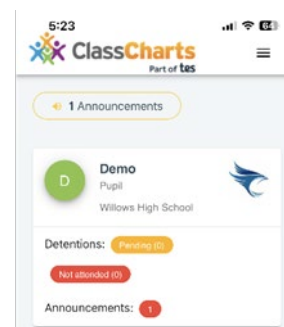
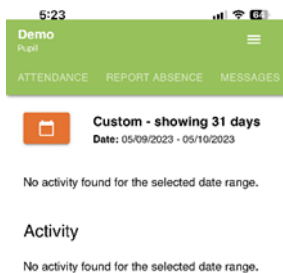
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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.

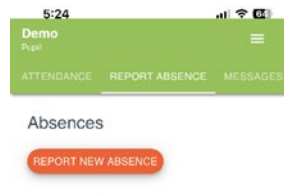
How to report an absence on Class Charts

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

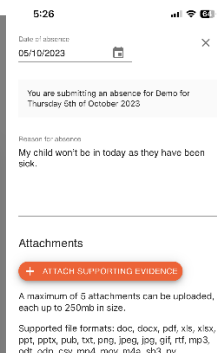
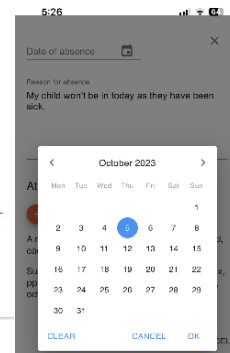
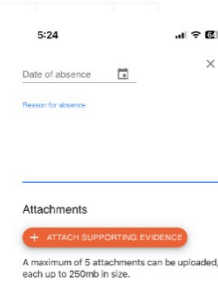


2. Scroll across the green band at the top and click 'report absence'.

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!

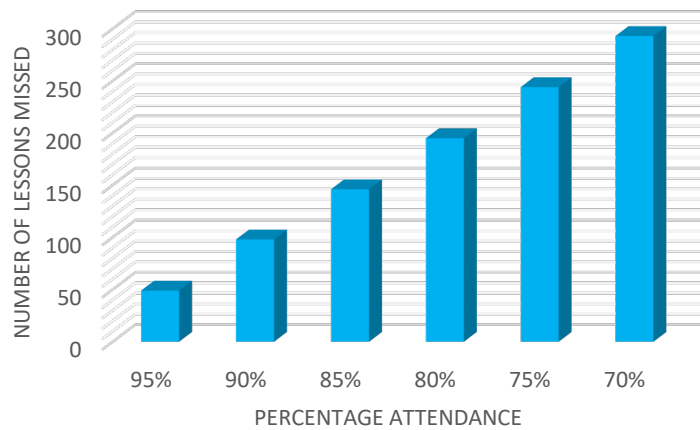
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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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.**

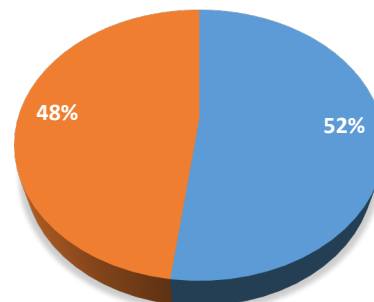
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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

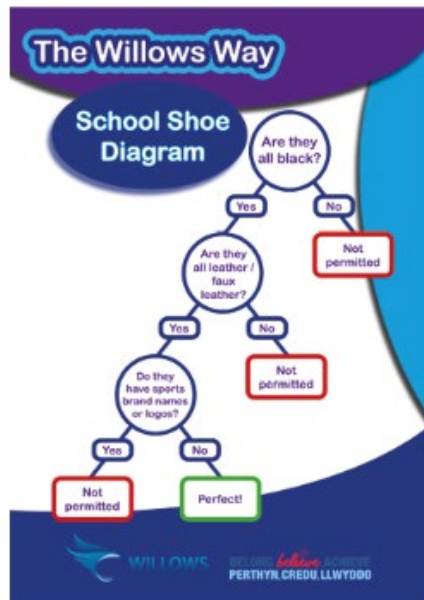
P.E. Kit:

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?

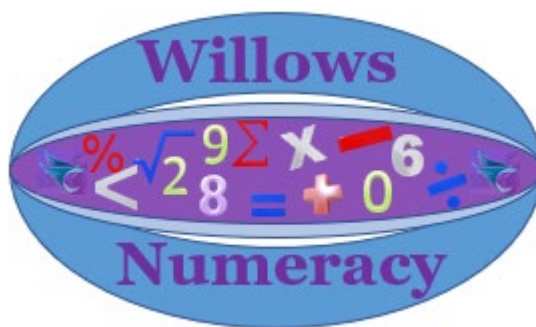
Yes, absolutely, we want our pupils to use their electronic devices responsibly and in moderation. We can work with you to put in place plans to avoid overuse and misuse and will support you in ensuring your child is meeting the school expectations. We will also be educating pupils on how to use devices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

Our Valued Partners

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

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

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

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Numeracy Terms and Question of Week 12, starting 25/11/2024

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 11

Shape Statements

- A) **All** rectangles are parallelograms.
A parallelogram is defined as a quadrilateral with opposite sides that are parallel. This is true for a rectangle as well.
- B) **Some** triangles have three lines of symmetry.
An equilateral triangle is an example of a triangle with 3 lines of symmetry. However, a scalene triangle is an example of a triangle that has no lines of symmetry.
- C) **All** trapeziums are quadrilaterals.
All trapeziums have four sides. This is the definition of a quadrilateral.
- D) **Some** hexagons have three pairs of parallel sides
A regular hexagon is an example of a hexagon with three pairs of parallel sides.
- There are other examples as well such as:
- However, it is also possible to draw a hexagon that does not have three pairs of parallel sides such as:
- E) **Some** rectangles are squares.
A rectangle is a quadrilateral where all its internal angles are right angles. Only if all four sides of a rectangle have the same lengths we will have a square.
- F) **No** triangles have two right angles.
A triangle has three sides. If you draw two of those sides to form a right angle, it is impossible to add a third side that would complete the triangle and also form a right angle with one of the other two sides. Try it!



Numeracy Answer for week 11

Numeracy Question for week 12

Numeracy Question of the week 12

The Wandering Cow

Mme Kennedy lives on a farm with her favourite cow, Mimi. One day, there is a lot of wind and the fence around Mimi's paddock blows down, so Mimi decides to go exploring.



She leaves at 3:20 p.m. and walks toward the neighbouring farm. It takes her 35 minutes to get there. She visits with her friend Maisie the pig for 18 minutes. Instead of going straight home, she wanders over to a pasture, which is a 26 minutes walk. Here she enjoys the delicious green grass and eats for 8 minutes.

At the time Mimi starts eating the grass, Mme Kennedy goes to milk Mimi and notices the broken fence and the missing cow. She hops on her horse, finds Mimi in the pasture, and leads Mimi back to her own paddock. From the time she notices that Mimi was missing, it takes Mme Kennedy 17 minutes to find Mimi and return home.

- A) How long was Mimi gone from her paddock for?
B) What time did Mimi arrive back at her paddock?

Terms of the week 12

Whole, Integer, and decimal numbers:

Whole Number: A whole number is a positive integer.

Examples: {0, 1, 2, 3, 4, 5, 6, 7, 8,} are all whole numbers

Integers: All whole numbers, positive or negative, including zero. We can say that all whole numbers are integers, but not all integers are whole numbers.

Examples: {...-6, -5, -4, -3, -2, -1, 0, 1, 2, 3, 4, 5, 6, 7, 8,} are all integers

Decimal numbers: Decimal numbers are 'in between' numbers. For example, 10.4 is in between the numbers 10 and 11. It is **more than** 10, but **less than** 11.

Take care when reading the values of decimal numbers:

4.2 means 4 and 2 tenths.

6.40 means 6 and 4 tenths and 0 hundredths. The last zero does not need to be there.

4.02 means 4 and 0 tenths and 2 hundredths.

To read 12.76 we say: 12 point seven six (not 12 point seventy-six)

Numeracy Terms for week 12

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	Demilade	Ayo-Onipede	9	9HP/Ma
2	Emmanuel	Imade	7	7DB/Ma
3	Dhruvraj	Rathore	9	9HP/Ma

Year Group Leaderboards

#	First Name	Surname	Year	Class
1	Emmanuel	Imade	7	7DB/Ma
2	Tobi	Adesina	7	7DB/Ma
3	Mandra	Jayaweera	7	7SO/Ma

#	First Name	Surname	Year	Class
1	Oliver	Pipe	8	8BE/Ma
2	Nisa	Noor	8	8SU/Ma
3	Yara	Magidub	8	8NO/Ma

#	First Name	Surname	Year	Class
1	Demilade	Ayo-Onipede	9	9HP/Ma
2	Dhruvraj	Rathore	9	9HP/Ma
3	Fatma	Balzig	9	9CO/Ma

#	First Name	Surname	Year	Class
1	Kane	Williams	10	10GO/Ma
2	Gracjan	Stacherski	10	10GO/Ma
3	Nachi	Chanadomrungrot	10	10GO/Ma

#	First Name	Surname	Year	Class
1	Lee	Walters	11	11ED/Ma
2	Moenes	Smari	11	11RA/Ma
3	Amy	Power	11	11ED/Ma

TimesTable Rockstars

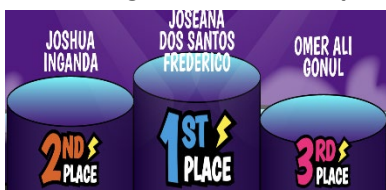
Single numeracy boost sessions are provided to all our Year 7, 8 & 9 pupils on a fortnightly basis to enrich their Mathematical Skills, specifically with a focus on times tables. Pupils will be accessing their TTRS accounts and improving their knowledge of the times tables.



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.

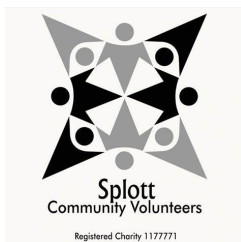
They work to help people access good quality, locally-grown food, develop their physical and mental wellbeing and feel part of a supportive community.

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, shreddies, weetabix
- **Dried items:** pasta, rice, noodles

The Tremorfa Community Pantry

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

Tremorfa Community Hall, Tweedsmuir Road, CF24 2QZ.



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Craftitude - Creative Craft and Wellbeing

£15

Single Parents Wellbeing Rhifon Sengil

young person's project presents

CRAFTITUDE!
CREATIVE CRAFT & WELLBEING
6 SESSION COURSE

CLAY MODELLING
EMOTIONS

DECORATING
JENGA
SAFE PEOPLE

TEXTILE
KNOTTING
CONFIDENCE

Learn techniques each week!

SEWING
PILLOWS
SLEEP

VISION
BOARD/
JOURNALLING
BOUNDARIES

DRAWING/
PAINTING
SELF-CARE

Drinks & Snacks included!

Alternate Saturdays
18th January - 29th March
Churchill Way, Cardiff
12.30-2.30pm

PLAT-FORM

FOR YOUNG PEOPLE FROM A SINGLE PARENT FAMILY
TO GET THE BEST OUT OF THE COURSE,
PLEASE ATTEND ALL SESSIONS

BOOK YOUR PLACE AT
SINGLEPARENTSWELLBEING.COM

There is a new **Craftitude** Series launching in January! Named by our young people!

Craftitude! Is a Creative Craft and Wellbeing Series For 10-17 Year Olds from Single Parent Households

Dates: Alternate Saturdays, January 18th to 29th March

Time: 12.30-2.30pm

Place: The Hangout with Platform, Churchill Way, Cardiff CF10 2DY

Week 1: Intro - **Who am I? Self Care**

Drawing/ Painting with Getting to know yourself and each other

Week 2: **Emotions & Stress**

Work with **Clay** to learn stress-busting techniques! Enhance your creativity, Explore mental health tools and breathe your way to success.

Week 3: **Inner Voice and Confidence - Positive Thinking**

Macrame Textile Knotting! Conquer negative thoughts, name your inner critic, and harness the power of positivity with creative strategies!

Week 4: **Talking & Safe People - Communication and Support Networks**

Decorate, decoupage and design your own Jenga whilst discovering the importance of communication. Identify trusted individuals and support organizations.

Week 5: **Sleep** - Unlock Your Creative Potential, Sew your own way!

Sew a pillow or Plush, learning the benefits of quality sleep and learn to build a good routine to unleash your full potential!

Week 6: Future Toolkit **Journaling & Vision Boards**

Celebration of everything you've achieved and created over the series.

Experienced and passionate facilitators who use supportive language with mental health management with creative skill development- Neurodivergent friendly!

Weekly Structure: Check in & Creative Session, Break and Mental Health Tool Advice, check out and take-home craft. **Drinks and Snacks at every session!**

Mental health & wellbeing through creative craft, building healthy relationships in a fun social and calm environment, using your own voice and expression through creative craft.

Book on here:

<https://SingleParentsWellbeing.as.me/craftitude>

£15 for 6 sessions, or £2.50 per week. Including take home keepsake and food. However, there are needs based, **FREE** spaces available too! Please email julie@singleparentswellbeing.com to enquire.

Our Valued Partners

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ALLIANCE
WALES

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Cardiff

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WALES MILLENNIUM CENTRE

ARUP Taylor
Wimpey

ccha

JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

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

Community Winter Fair in Splott

Community Winter Fair at Railway Gardens on December 7th, 1pm - 5pm. Entry is free and there will be free entertainment throughout the day as well as a free toy, game, and children's book swap where anyone can take home something they want or need. There will also be stalls, food and drink, and pay what you feel crafts.

Our Valued Partners

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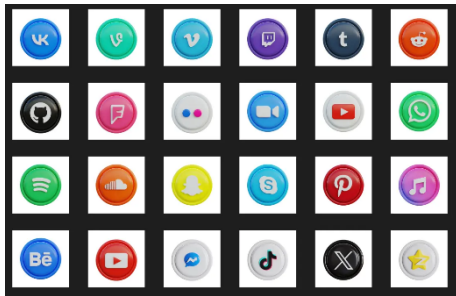


ARUP Taylor Wimpey



Social Media

Social media is increasingly playing a role in the lives of our pupils and for the majority of time, this is a positive thing. However, we are increasingly seeing how social media can have quite a negative impact on our pupils and in some cases, the impact has been quite significant.



We need to work together to harness all of the positive aspects of social media (and there are many) and to cancel out those aspects which can do harm. Whilst it is easy to focus on the fact that the age guideline for most sites is 13, it is also recognised how difficult it is to stop children from accessing these especially when all of their friends are using a certain platform.

Perhaps a more realistic place to start is to ensure that, if social media sites are to be used then they are set up in a way which helps to protect privacy. For example, most platforms allow you to:

- **set an account to private** (many of our pupils don't do this and some have been approached by people they don't know)
- **not allow friend requests** – again, some pupils have had friend requests from unknown users
- **hide the user's location** – worryingly, so many pupils share their location and with the development of ever more sophisticated software, it is becoming relatively easy to pinpoint exactly where the social media account is being used from (without sharing any address details).

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

South Wales Police - Sextortion

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

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

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

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

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

Our Valued Partners

Learning Lounge & Families

Adult Learning in the Learning Lounge

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 on a Monday between 10am - 1pm, if you would like to use the pantry at any other time, please email Karen Hunt who will be happy to help

karen.hunt@willows.cardiff.sch.uk !



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

Our Valued Partners



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.

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

NHS Willson Centre Cardiff Cymru

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.

Our Valued Partners

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Allergies

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

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

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

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

THE 14 FOOD ALLERGENS

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

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):

ChatHealth CIG NHS

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

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

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

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 share it with you first. Your messages are stored and can be seen by other staff who follow the same confidentiality rules. We aim to reply to you within your working day and you should get an immediate response to questions on weekends and evenings. There is no cost to you for using the service. If you need help before you have back to school, contact a member of our staff or your doctor. Our text number does not accept voice calls or text messages. We cannot respond to text messages if you are under 11. We do not include messages sent from landlines, international mobile numbers and some number sharing mobile apps. Please do not share your mobile phone number with anyone. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Cardiff Foodbank

Willows High School is a partner agency for Cardiff Foodbank.

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

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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.

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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Careers Wales

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



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: 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			

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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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