



WILLOWS HIGH SCHOOL



Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

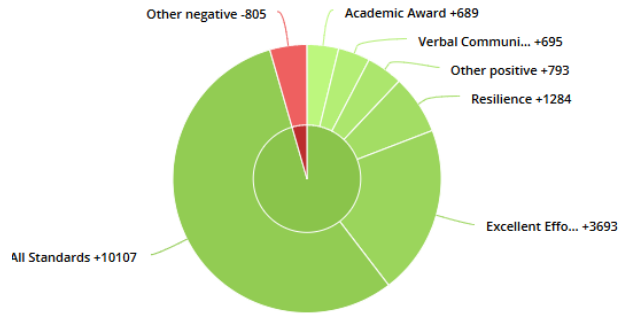
Weekly Newsletter – 17.01.2025

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

Belong, Believe, Achieve:

We are proud to announce that the report from our latest Estyn inspection is now available on the their website. This week our pupils have been working through their Science practical exams, participating in mock career interviews, meeting the Wales Women’s Football Team captain and participating in Debating and football tournaments. Our assembly this week was entitles “New Year, New Year”. Thank you to our Head of Year 10, Mrs. David for leading.

Willows High School Conduct Overview 13/01/2025 - 17/01/2025



Merits: 13.01.2025-17.01.2025

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.

Table with 4 columns: Year Group, Total, Excellent Effort, Merit Champions. Rows include Year 7 to Year 11 with names like Rana Abdelhaleem, Faliha Sharif, Brian Jaiyeola, Harrison Calford, Hamudi Salih.

Dates for your Diary:

- 20th January: Money Management Course (3 weeks)
20th – 23rd January: Science practical exams
21st January: Into Work taster coffee morning
21st January: Iris film project
23rd January: Girl’s football tournament
28th January: Years 7 & 8 Basketball tournament
29th January: Flu catch up sessions
30th January: Year 9 visit to Admiral Insurance
30th January: Debate Mate Urban League



Our Valued Partners



School News:

Willows High School Inspection Report Published

"Pupils are proud to belong to their school"

The report of the school's inspection by Estyn in November 2024 is now published and is available [here](#).

"Pupils behave exceptionally well in lessons and around the school and have positive attitudes towards learning."

We are extremely proud of the report and pleased that the changes we've made are having a positive impact on our pupils.

"The positive relationships between pupils and staff are a notable feature of the school."

We thank all of our staff, pupils, parents, Governors and community members for the part they have played in making Willows High School the amazing place that it is today.

"High standards of behaviour and attendance are promoted and encouraged throughout the school. Staff are relentless in their expectation of pupils' behaviour and kindness which they model effectively."

We will continue to be relentless in our drive to ensure that we achieve our vision of:

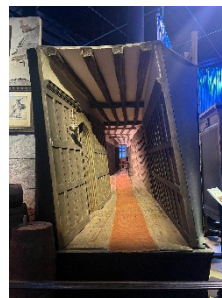
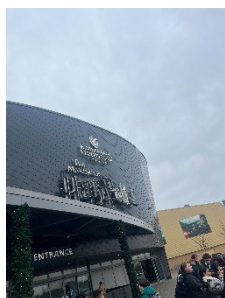
All of us achieve exceptionally well, have high aspirations and have acquired the knowledge, character and skills that lead to lifelong success

An exciting month for English!

Our pupils have enjoyed two exciting events over the past month. Year 9 were treated to a fantastic performance of *A Christmas Carol* by Quantum Theatre the last week of term, giving them an opportunity to quiz the actors on their performance and other aspects of theatre. The performance was a 'three-hander', proving a fascinating piece of direction and staging that left the audience mesmerised.

Last week, our Y7 pupils visited the wonderful Harry Potter World at Warner Bros Studios. They participated in a fun workshop, getting to handle real props from the movies, and then enjoyed the marvellous studio tour (observing real sets, props and costumes). A fantastic time was had by all (and much was spent in the gift shop)!

Watch this space for reports on upcoming events: The Hay Scribblers' Tour and a performance of *Macbeth* for Y8.



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Cardiff

B B C



ARUP Taylor Wimpey



Year 8 Accelerate Debate Group



This week students from Year 8 were chosen to take part in the Accelerate Debate Programme. The programme will run for 13 weeks and will focus on developing pupils' confidence, ability to work in a team, emotional capacity and self-management. By empowering pupils with the skills to express themselves and form arguments in a constructive way, this programme helps to give young people a sense of purpose and self-assurance that can be significant in influencing their behaviour.

Throughout the 13 weeks students will participate in a range of exciting activities to showcase and practice their skills throughout the year and are then invited to compete at the Core Programme Debate Mate Cup at the end of the year. There are also opportunities throughout the year for students to attend careers events with sponsors of the programme, with a view of potential work experience.

Pupils really enjoyed their first session and Mr Smith, Miss Nelms and Miss Sansom are excited to see their progress

SEREN Network Debate Competition

SEREN Network Debate Competition Year 9 Debate Team (Alexa, Halle, Tyrell, Dhruvraj, Demi and Ishaan) have excelled this week in the SEREN debate competition. Willows were up against tough competition from schools across Cardiff who were all battling for a space at the final which will be held at the prestigious debating chamber at Oxford University.

The team had a great day and debated on extremely complex topics. Our pupils were all amazing and actually scored the highest points in their second debate that the SEREN Network had ever experienced. The feedback from the staff was exceptional! Due to their performance there is a chance they could get to the final in Oxford Uni.



Thank you again to the Seren Network and Cardiff Curriculum for the opportunity and also to all the schools involved, it was a great day. A massive congratulations to you all!

Parent Reading Coffee Morning



This week Miss Nelms and Miss Jones were thrilled to welcome parents to our Reading Coffee Morning at the Learning Lounge. Thank you to all that came and for the lovely feedback, we are glad you found it useful. For those who were unable to attend, there are many free resources left in the Learning Lounge for you to collect.

We hope to hold more sessions like these in the future so keep an eye out for future dates. We discussed activities that can be done at home to help with reading, along with how to access our school online book library. Details of which can also be found in this newsletter. As always if you have any concerns about your child's reading, please reach out to their English or J7 teacher.

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Willows Sporting Values



PE Department Our Sporting Values

Belong

- Be outwardly **Proud** to represent Willows
- **Praise** and **Encourage**, never criticise or argue
- Always **Respect** the opposition and officials

Believe

- Project a **Positive** attitude and body language, no matter what
- **Perseverance** and **Resilience**. Try your best and never give up, maintain an underdog attitude
- **Self-Belief**. Believe you can contribute and make a difference. Go out and prove it

Achieve

- **Team First**, individual second
- **Work Hard** to be the best version of yourself
- **Humility**. We win or we learn, stay classy

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Week in, week out our staff give up their own time to provide fantastic extra-curricular sporting opportunities for all our pupils. We believe these experiences are extremely valuable in building the character of our pupils, supporting and enhancing everything we do during the school day. Please take a look at our Sporting Values and expectations that we insist our pupils demonstrate and follow at all times when representing the school. These values are designed to improve them as individuals both now and in the future, whilst supporting and developing a strong team ethos to maximise the chance of success.

Football news

After dominating most of the game, our Year 7 boys' football team were very unlucky to lose 5:3 away to Cantonian High School on Thursday. Goals from Malakai, Bleu and Josh were not enough in the end but a really encouraging performance particularly during the second half. Thanks to Simon and Jack for their inspirational leadership.



Boys Football Matches Spring 1

- Y7 Wed 15th Jan Vs Cardiff West (a)
- Y7 Wed Vs Cathays (h)
- Y8 Thurs 30th Jan Vs Fitzalan (a)
- Y8 Mon 3rd Feb Vs Bro Morgannwg (h)
- Y7 Wed 12th Feb Vs St Teilos (a)
- Y9 Mon 17th Feb Vs Fitzalan (h)
- Y8 Thurs 20th Feb Vs Cardiff West (a)

More tbc

Girls Football

- West Monmouth 7-a-side Tournaments
- Y7/8 Thurs 23rd January
- Y9/10 Thurs 13th February

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Visit from Angharad James:



Last Friday, we were delighted to receive a visit from Angharad James – the captain of the Welsh Women’s Football Team. Alongside our very own Miss. Higgins and Ms. Alexis, Angharad led the girls through a series of warm-ups and games. This culminated in some five-a-side matches where the girls were keen to show off their footballing skills.

Angharad signed autographs and had many selfies with the girls. The girls were over the moon and looked extremely smart in their new kits. The event was recorded by ITV Cymru

for a Pride documentary that will be aired just before the Euros. The girls have also been interviewed by ‘The Cardiffian’ and had chance to share their experience. We would like to thank the FAW and Angharad for making this event possible.



BBC Studios and BBC Cymru Wales Valued Partner Award

We would like to congratulate BBC Studios and BBC Cymru Wales for winning the ‘Best Ongoing Relationship with a School’ Award for their work with Willows High School over the last three years.

The team have visited GCSE Media Studies lessons to regularly conduct workshops and we have had the opportunity to visit both the Roath Lock and Central Square sites for tours, talks and exclusive insights. Particular thanks to Hannah and Leanne for bringing the media industry to life for our pupils and to Adrian from Careers Wales for all of his help in co-ordinating the experiences.



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Online support for young people

Cardiff Youth Service offers support to young people online through their Discord servers in safe online communities.

There, they can access youth work support, meet new people and take part in creative opportunities. Young people in the online communities feel that it is a great escape if they need to get away from the stress of school or other things.

There are 3 Discord servers for:

- Young people aged 13-17 who speak Welsh
- Young people aged 13-17 who speak English
- Young people aged 16+ who speak English



Young people can [sign up here](#).

Uniform Recycling

We kindly ask if you have any pre-loved uniform to donate them to our Uniform Recycling Centre, please drop them to reception, they will be greatly appreciated!



Facilities to hire after school



Please contact our Estates Manager if you would be interested in hiring our Learning Lounge or Theatre after school hours – Cyril.royer1@willows.cardiff.sch.uk

The Learning Lounge is colourful and bright space, with a tea/coffee making utilities, comfy seating, as well as more private areas to sit. We also have a larger area from which adult education and skills building classes and groups are run.

The Theatre has a large stage and seating area which can be used for performances or other activities.



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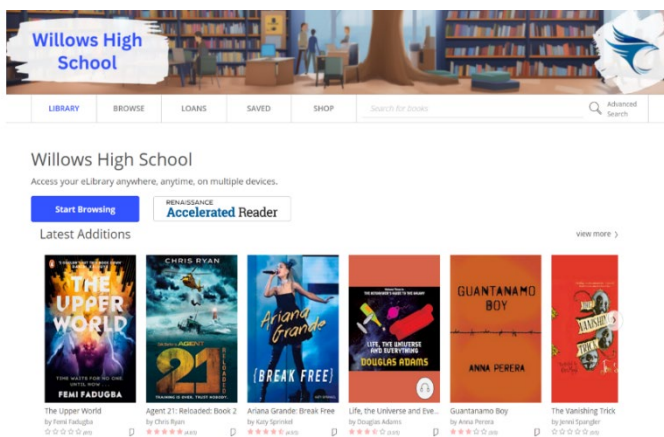
E Platform Learning


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

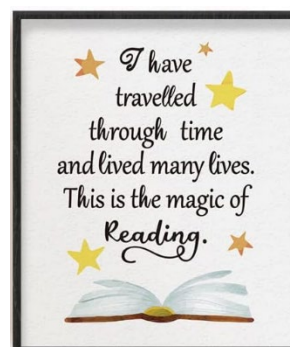


Or add using your setup code **5452**

Readers of the Term

A massive well done to our KS3 STAR Readers of the term! These are pupils who have been consistently reading on our e-book platform as well as making the most of our school library! Please come and see Ms Nelms for your golden tickets!

1. 7PL - Ayo Olabode
2. 7PL – Khadijah Ahmed
3. 8SC – Azeem Olode-Ankirun
4. 8SC – Skye Roberts
5. 9MA –Raneem Omar
6. 9IN – Dhuvraj Rathore



It is really important that you continue to read at home. We ask that all pupils read for a minimum of 20 minutes a night (please give them a reading merit when they do so!). These 20 minutes can make a huge difference in terms of progressing in all areas. Pupils have access to the library after school as well as every two weeks as part of their English lessons as well as the E-platform which can be used 24/7, information above.

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Period Standard Award

We are pleased to announce that we have recently been accredited with Merit in the 'Period Standard' and we are now on the pathway to achieving Distinction. This week, all of our Year 8 girls have been provided with a free set of 'period pants' (worth up to £80.00) and talked through how to use / wash them. We are proud to promote more environmentally friendly approaches.

If pupils in any other year group would like these, then please ask them to ask their Welfare Officer, Mrs.Bubbins or any member of staff they'd prefer to ask.



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

Employment & Training Support Coffee Morning.

We are holding an Employment Training and Support Coffee Morning on the 21st January in the Learning Lounge.

The Into Work team will be speaking to parents/members of the community to see what courses will be of interest for the New Year to help them get into the workplace.

Based on the feedback received these courses will start in February.

They have also agreed to 1-2-1 mentoring support so this is a fantastic opportunity to help people gain employability skills. If you would like to attend, please click on the link below.

<https://forms.office.com/e/1ah6fh1ZLW>



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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.



Financial Wellbeing Grants opened for Unpaid Carers in Cardiff ONLY!

The TuVida Carers Financial Wellbeing Service provides financial support and education to unpaid carers living in Cardiff and the Vale of Glamorgan.

They have made the decision to reopen the Financial Wellbeing Grants for those caring for someone in Cardiff, please encourage carers to go through our website to access the application and guidance which have been updated to reflect this.

<https://www.tuvida.org/carers-financial-wellbeing-service>



Please note applications will be awarded by early March 2025.

Only one application per household and if they have been successful in previous rounds they cannot apply again.



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

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Welsh Department



Shwmae! Why not practice your Welsh at home? We will provide a variety of terms and phrases weekly. Use the phonetic column to see how it should be pronounced.

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

willowswelsh@willows.cardiff.sch.uk

Welsh Terms of the Week

Week seventeen

Welsh	Phonetic	English
Esgusodwch fi	ess-giss-odd-uch vee	Excuse me
Diolch	dee-oll'ch	Thank you
Diolch yn fawr	dee-oll'ch un v-our	Thank you very much
Hwyl fawr	h-oil v-our	Good bye
Croeso	croy-saw	Welcome

Extended Language Patterns This week, we will look at ordering a drink.

Ga fi paned o goffi?	gah vee pan-edd or goffy	Can I have a cup of coffee?
Ga fi paned o de?	gah vee pan-edd or dare?	Can I have a cup of tea?
Oes llaeth?	oy-ce ll-ithe?	Is there milk?
Oes siwgr?	oy-ce see-oh-gir	Is there sugar?
Diolch yn fawr	dee-oll'ch un v-our	Thank you very much
Os gwelwch yn dda	os g-well wwch un ddar	Please

Os gwelwch yn dda translates directly as 'If you see good' but it is the phrase commonly used to give thanks in Welsh.

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Drug and Alcohol Information



CAVDAS
CARDIFF AND VALE DRUG AND ALCOHOL SERVICE

Drug and alcohol information or support for children and young people

- Free
- Confidential
- Non-judgemental
- For you or someone else

If you work with young people, ask us about:

- How we can help
- Our free workshops

Free, confidential & open to everyone in Cardiff and the Vale.

info@cavdas.com | 0300 300 7000 | cavdas.com

Scan for website



Logos: Millennium Centre, DAN 24/7, Cardiff & Vale APB

CAVDAS will provide help with any drug and alcohol issues.

CAVDAS brings specialist services together to make it easy for anyone in Cardiff and the Vale with concerns about their own or others' use of alcohol and drugs to get help, advice and information.

From advice for concerned friends and family, to information on reducing your risks whilst providing recovery, treatment and support.

CAVDAS services are free, confidential and open to everyone.

Measles

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

Measles can be very serious for children, and is very easily passed between people who are not vaccinated. There are currently outbreaks of measles in Wales, so we would encourage families to take up the opportunity of their child getting their MMR vaccination if they are offered it by the Health Board. Please note that if your child is invited and you would like your child to have the MMR vaccine which does *not* contain gelatine (Halal), this will be an option you can choose.

For more information about the MMR vaccine please go to [Measles, Mumps and Rubella \(MMR\) - Public Health Wales \(nhs.wales\)](https://www.nhs.uk/conditions/mmr-vaccine/)'



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.

Logos: GIG NHS, Mae Brechu yn achub bywydau, Vaccination saves lives



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>

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SCREEN ALLIANCE WALES

Civil Service

VOCO St. David's Cardiff

BBC

CANOLFAN MILENIWM CYMRU WALES MILLENNIUM CENTRE

ARUP Taylor Wimpey

ccha

JOHN LEWIS & PARTNERS

STOWE FAMILY LAW

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 10th January 2025)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Jake Sage

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

Year 7 winners: Jamie McConkey, Khadijah Ahmed.

Year 8 winners: Olly Williams, Jewel Onome.

Year 9 winners: August Sangkla, Mutaz Radman

Year 10 winners: Ghandi Al Bukhaiti, Sahal Ahmed

Year 11 winners: Princess Boleigha, Gayanthi Rathnakela

Attend Like a Champion!

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VOCO St. David's Cardiff



ARUP Taylor Wimpey

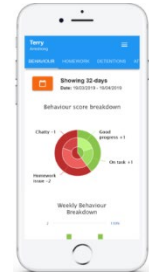
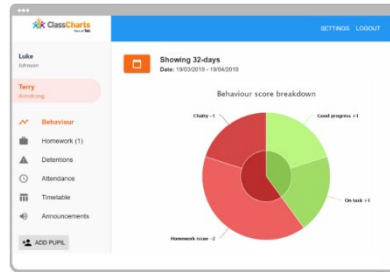


Class Charts

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.



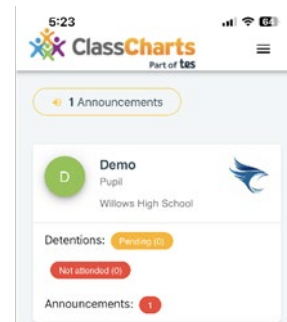
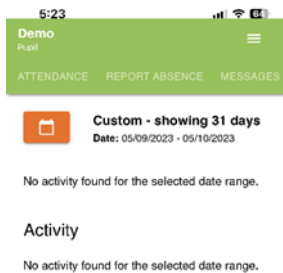
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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.

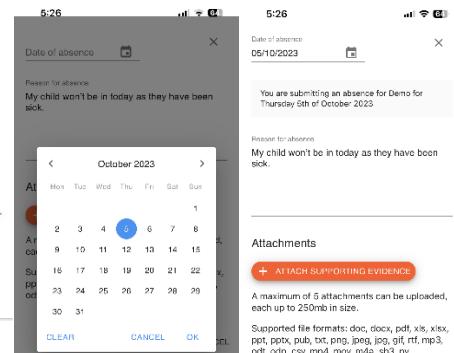
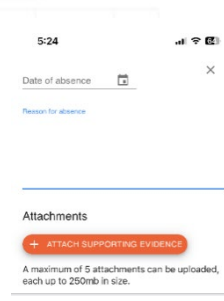


2. Scroll across the green band at the top and click 'report absence'.

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!

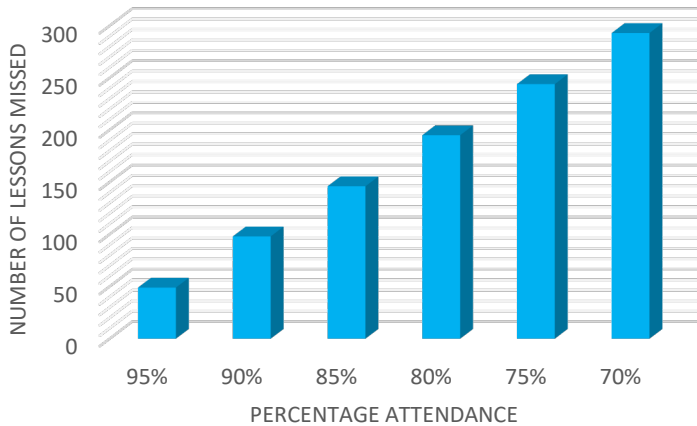
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

Our Valued Partners

Important information about attendance to school

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

Number of lessons Missed



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

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

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

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

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

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

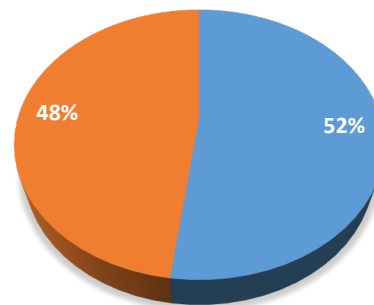
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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

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

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

Days in School / Not in School



■ In School ■ Not in School

Our Valued Partners

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.

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. conscience
2. environment
3. government
4. graffiti
5. occasion
6. privilege
7. restaurant
8. rhythm
9. truly
10. writing

Our Valued Partners

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.

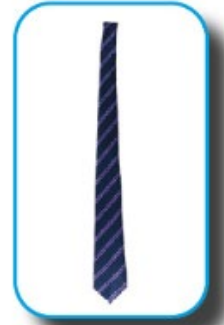
Crocs are definitely not part of the school uniform! Our Parent Handbook can be accessed on our website or by clicking the link below:

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

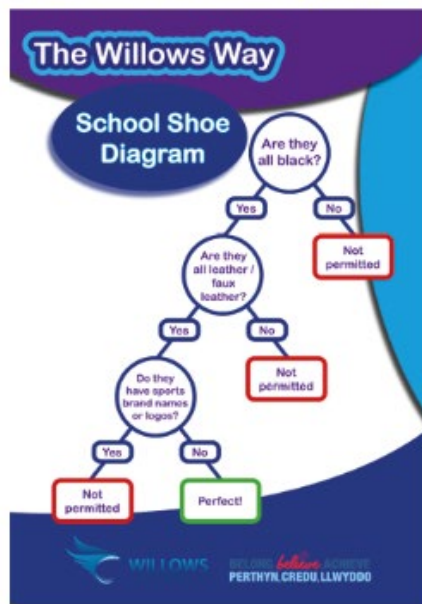
If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer.

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/carers must collect.
- Continued offences – Device handed-in, parent/carers must collect. Parent/carers 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

cowshed



VOCO

St. David's
Cardiff

B B C



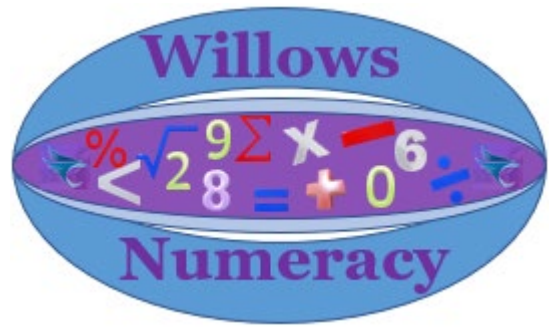
ARUP Taylor
Wimpey



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 26th March 2025

Year 8 - Thursday 27th March 2025

Year 7 - Friday 28th March 2025

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

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 (Chess club)	G20
Week 1 Only		Miss Higgins

Our Valued Partners

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Numeracy Terms and Question of Week 16, starting 06/01/2025:

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 16

Mixed letters:

The letters A, B, C, D, E, F, G, H, and I each appear in one of the nine squares of the grid below.

- A is in one of the top corners
- B is directly below H and directly to the left of I
- C is directly to the right of F
- D is in the middle square of the grid
- E is in the same column as C
- F is directly above D
- G is directly below E
- H is directly below A
- I, is between B and G

What is the correct arrangement of these letters in the grid that satisfies all the clues above?

Solution:

Since D is in the middle square, then F must be in the square in the top middle of the grid. Since C is to the right of F, then C must be in the top right corner of the grid. We add these to the grid.

	F	C
	D	

Since A is in a top corner, and C is in the top right corner, then A must be the top left corner. Now we know where A is, we know that H appears below A and B appears below H in the first column. We add these to the grid.

A	F	C
H	D	
B		

Since I is between B and G, and B is to the left of I, now we know these letters appear in the bottom row. We add these to the grid.

A	F	C
H	D	
B	I	G

Since we know that G is directly below E, this means that E is directly above G. This will finish the third column and the grid.

A	F	C
H	D	E
B	I	G

Numeracy Answer for week 16

Numeracy Question for week 17


Numeracy Question of the week 17

Power Savings:

An electric clothes dryer uses approximately 5 kilowatts of energy to dry a single load of laundry.

On average, Mary Lois's family washes 4 loads of laundry per week.

If they use a clothes line instead of the electric dryer to dry half of their loads of laundry, approximately how many kilowatts of energy will they save in a year?



Numeracy Terms of the Week 17

Simplify / simplify fully:

In math, simplification, or simplify, refers to the process of rewriting an expression in a simpler or easier to understand form, while still maintaining the same values.

Simplifying algebraic expressions:

To simplify an algebraic expression fully, we use a variety of techniques to make algebraic expressions in their simplest form without changing the Value of the original expression.

E.g. Simplify $8x + 4 + 3(2x - 3)$

1 Expand the brackets	2 Collect like terms	3 Rewrite the expression
$8x + 4 + 6x - 9$	$8x + 6x = 14x$	$8x + 4 + 3(2x - 3)$
$4 - 9 = -5$		$= 14x - 5$

Numeracy Terms for week 17

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	Mandra	Jayaweera	7	7SO/Ma
2	Mohamad	Bouni	11	11MK/Ma
3	Omar	Osman	11	11MK/Ma

Year Group Leaderboards

#	First Name	Surname	Year	Class
1	Mandra	Jayaweera	7	7SO/Ma
2	Tobi	Adesina	7	7DB/Ma
3	Sama	Shbib	7	7CY/Ma

#	First Name	Surname	Year	Class
1	Jack Rhys	Drewen	9	9HP/Ma
2	Amnah	Husayn	9	9MA/Ma
3	Rut	Nicolau	9	9IN/Ma

#	First Name	Surname	Year	Class
1	Prince Uriel	Boleigha	8	8SC/Ma
2	Nasser	Mumthaz	8	8SC/Ma
3	Khalid	Al Anizi	8	7CY/Ma

#	First Name	Surname	Year	Class
1	Sultan	Sanusi	10	10CU/Ma
2	Ammar	Gatys	10	11TE/Ma
3	Seren	Davies	10	10DA/Ma

#	First Name	Surname	Year	Class
1	Mohamad	Bouni	11	11MK/Ma
2	Omar	Osman	11	11MK/Ma
3	Samuel	Nicolau	11	11FA/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.



Our Valued Partners



Craftitude - Creative Craft and Wellbeing

£15

Single Parents Wellbeing Rhieni Sengl
young person's project presents

AGES 10-17

CRAFTITUDE!
CREATIVE CRAFT & WELLBEING
6 SESSION COURSE

CLAY MODELLING
EMOTIONS

DECORATING
JENGA
SAFE PEOPLE

TEXTILE
KNOTTING
CONFIDENCE

Learn techniques
each week!

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

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

Railway Gardens

Railway Gardens in January and February

January
 Thursday 9th (Dev J. Galt) 18.30-19.15
 Saturday 11th (You name it) 10.30am-12.00pm
 Saturday 18th (Gwyneth) 10.30am-12.00pm
 Saturday 18th (You name it) 10.30am-12.00pm
 Friday 24th (Lynne Longhurst) 10.30am-12.00pm
February
 Thursday 6th (Dev J. Galt) 18.30-19.15
 Saturday 8th (You name it) 10.30am-12.00pm
 Saturday 8th (You name it) 10.30am-12.00pm
 Friday 14th (Monday) 10.30am-12.00pm
 Saturday 15th (The 5th Special) 11.30am-2.00pm
 Saturday 15th (Tara) 10.30am-12.00pm
 Tuesday 18th (Rachael) 10.30am-12.00pm
 Saturday 27th (Gwyneth) 10.30am-12.00pm
 Thursday 27th (Dev J. Galt) 18.30-19.15



Free community lunch and Wassail, Saturday 25th January

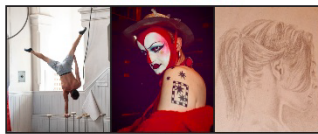
The Railway Gardens are hosting a free cook up, hot lunch, and Wassail - a traditional winter celebration of apple trees - on Saturday 25th January at Railway Gardens in Splott. In addition to food there will be hot mulled apple, storytelling, song, and a warm welcome to all. [More information can be found here](#)



Stay in touch
 You have the details of contacts, or email us at info@railwaygardens.co.uk
Email
info@railwaygardens.co.uk
Call/text
 01744 942397
Online
www.railwaygardens.co.uk
 Twitter: @RailwayGardens

No Fit State Community

FREE **no fit state community**
Celf Cymraeg



Celf Cymraeg is a new Welsh creative project at NoFit State, for young adults 18-30 years old who live in the local area.

Join a safe and supportive group and learn drawing from life skills. Models will be clothed and will be from the circus and drag community.

It starts in January and is a place to use your Welsh language and do something creative in a safe & supportive space. The project will be delivered bi-lingually and anyone from beginner to fluent Welsh speaker can join. This project welcomes neuro diverse and LGBTQ+ humans from Splott, Adamsdown & Tremorfa, Refugees & Asylum Seekers, people in supported housing and from the Travelling Communities.

FREE Drop in weekly sessions start Tuesday 21 January 13:00 - 15:00

Address: NoFit State Circus, Four Elms rd, Adamsdown, CF24 1LE



nofitstate.org 02920 221 330

Celf Cymraeg is a Welsh language creative project for local young adults (18-30) to learn drawing from life skills with clothed models from the drag + circus community. This aims to be a safe and welcoming space for young people from the neuro diverse and LGBTQ+ community, though any local young people aged between 18-30 can attend.

Children's art session (8+) with Angharad (Welsh speaking Artist) supported by Playworkers from Seren in the Community. Local children and young people welcome, especially those who may not be in school or

FREE **no fit state community**
Community Space

A community creative space for people from Tremorfa, Adamsdown, Splott, refugees/asylum seekers, people in supported housing and from the traveller communities.

Where
 NoFit State Community Circus, Four Elms Road, CF24 1LE

Every Tuesday from 21 January
New times: 12:00 - 17:30 | All drop-in

12:00 - 13:00 Free Lunch
 12:00 - 17:00 Studio space open with hosts & volunteers, families + individuals welcome
 13:00 - 15:00 Celf Cymraeg - Welsh speaking art project for young adults, 11-18 (B+) welcomes local young artists - LGBTQ+ community
 15:30 - 17:30 Children's art session with Angharad - supported by Playworkers Seren in the Community (B+)
 16:30 - 17:30 Family circus



nofitstate.org 02920 221 330

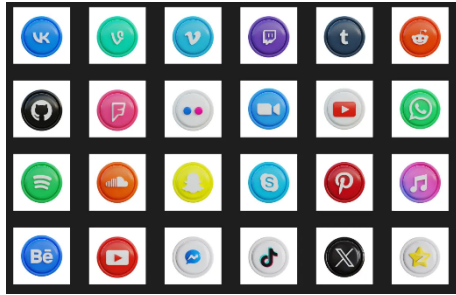
on a reduced timetable. Both sessions take place within community space which also offers, free food, drinks and after-school family circus session.

Our Valued Partners



Social Media

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



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

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

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

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

South Wales Police - Sextortion

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

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

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


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

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

Our Valued Partners

Learning Lounge & Families

Adult Learning in the Learning Lounge



ACCREDITED COURSE

WOULD YOU LIKE TO UNDERSTAND HOW A CHILD'S BRAIN DEVELOPS AND HOW THIS CAN EFFECT THEIR EDUCATION?

HAVE YOU ALREADY COMPLETED CHILD PSYCHOLOGY LEVEL 1 WITH US?

Adult Learning will be running the following course at Willows High School starting in January 2025

Developmental Psychology Level 2

Wednesday 15th January 9.30-11.30

Adult Learning



MONEY MANAGEMENT WITH THE MULTIPLY TEAM

Mondays Starting on 20th January 3 weeks 10am - 2pm Willows High School Learning Lounge

YOU WILL...

- Understand the need for personal budgets and money management.
- Learn who to contact for support with household bills.
- Gain a certificate in Agored Money Management - Level Entry 3

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

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



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.

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.

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
Wolston Centre
Cardiff
Cardiff Council

'Street Smart' Adult Learning

Do you want to develop your awareness on how to keep your families and communities safe? This is a FREE 6-week accredited course which is delivered every Thursday evening at CAVC (Dumballs Road, Cardiff).

Y, O, U, A, R, E, S, A, F, E, H, E, R, E.

Free 6 week course
Starting Thursday 23rd January 2025
5pm till 7pm
Cardiff & Vale College, Dumballs Road, Cardiff

Workshops - County Lines, Knife Crime and Hate Crime

Scan the QR code to register your interest

Develop awareness of supporting organisations
Keep yourself and children safe online
Email: Community@cavc.ac.uk

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 received a 'Period Dignity' workshop from qualified advisors from Brook.

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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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

Team Willows

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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](#)

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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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STOWE
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