

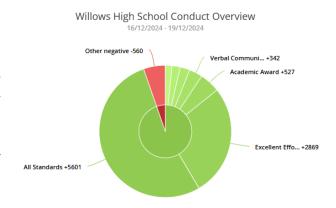


# Weekly Newsletter - 19.12.2024

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

# Belong, Believe, Achieve:

This week our pupils have been competing in year group Vocabulary Bees, attended Awards assemblies, Cinema events, competed in football & basketball tournaments and getting people in the festive spirit with their amazing carol singing. Thank you to Ms. Amos for providing our December assembly which celebrated Hannukah, the Winter Solstice, Kwanzaa and Christmas. We look forward to welcoming all of our pupils back for the spring term on Monday 6th January 2025



#### Merits: 16.12.2024-19.12.2024

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	2621	7Socrates	Harrison Richards-Greenslade
Year 8	2044	8Mozart	Arshia Durani
Year 9	2001	9Hepworth	Esther Mma
Year 10	1381	10Curie	Sienna Robinson
Year 11	1935	11Edward	Marwa Omar

# **Dates for your Diary:**

20<sup>th</sup> December 2024: INSET Day (no pupils to attend)

6<sup>th</sup> January 2025: Spring Term begins (all pupils back in school)

13<sup>th</sup> January: Money Management Course (3 weeks)

14th January: Reading Coffee Morning

15<sup>th</sup> January: Child Psychology Course :(Level 2, 10 weeks)

16th January: Attendance Coffee Morning 21st January: Into Work Taster Coffee Morning























# **School News:**

#### **Football News**

A hugely impressive victory on Tuesday for our amazing Year 8 football team away Vs Cardiff High in the Cardiff Cup. This one probably stands out as one of our best results in recent times. A 6:4 victory, 3 goals for Daniil, 2 for Oli and 1 for Josh. Shout out to Zac in Year 7 who played a year up and was solid as a rock! We now look forward to the next round that will be played early in the new year.





# **Autumn Academic Vocabulary Bees**

Once again, our pupils have astounded us with their amazing word knowledge at our seasonal Academic Vocabulary Bees. Kicking off with a close fought win were 7DB, followed by 10CU, 9Hp and 8SC All of the teams competing put in an excellent performance, as did the audience, who were impressive throughout. Bendigedig to all!





# Online support for young people

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

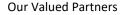
There, they can access youth work support, meet new people and take part in creative opportunities. Young people in the online communities feel that it is a great escape if they need to get away from the stress of school or other things.

There are 3 Discord servers for:

- Young people aged13-17 who speak Welsh
- Young people aged13-17 who speak English
- Young people aged16+ 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.



A reminder that period products are available from school throughout the year. We would encourage our pupils to ask for extra for over the upcoming holidays.

We have a range of free products including sanitary towels, tampons, menstrual cups and a wide range of sizes in period pants.

We will promote their availability next week but please encourage your child to ask any member of staff if they need these.

# **Free Menstrual Products** Periods Are Not For Profit!



















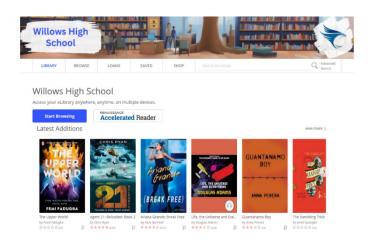


# **E Platform Learning**

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 Eplatform 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







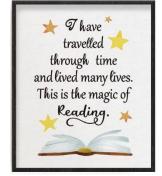
#### **Readers of the Term**

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. 7AT Maisie Dando
- 2. 7DB Emmanuel Imade
- 3. 8MO- Hollie Casey
- 4. 8NO Matvii Kovalov
- 5. 9IN Olivia Gwilym
- 6. 9IN Abbas Mohammed Ali

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. These 20 minutes can make a huge

difference for you in terms of progressing in all areas. Pupils have access to the library before and after school as well as every two weeks as part of their English lessons as well as the E-platform which can be used 24/7, information included in the newsletter.



















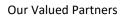




Take a loo atform!

Years 7/8	Years 7/8	Years 9/10/11	Years 9/10/11
When Hitler Stole Pink Rabbit	CLIVE KING STIG  DUMIN  GO  THERMOLE AREA TO REPEZALE  THE PROPERTY OF THE PRO	THE MALE WHEN EVEL-187 A SALE RETURN PETERS.  LOVE WILL LIAM THE SCHOOL.  MEG ROSOFF	SUZANNE COLLINS
ANDY WENAB PORT RIGEY BOY SOLDER  The action producted for	NARNIA THE LION, WITCH WARDROBE GSJ.WS	FILL GIVE YOU THE SUN	if  he had been with me
October Standard Control of the Cont	Antonia Barber  Amazing  William Blunden	TALES OF THE MADMAN UNDERGROUND	SURVIVE  ONE SMIRES  HOLLY  JACKSON  WARREST HEREO OF STREET OF ARREST OF AR
The GIRL	De Statement Bernarden De Partition	7-TRISY BILLIANT FOOL Value Backers	Pamerless
INK INK STARS Kiran Milhood Hayeria	KATHERINE RUNDELL WATERSTONES BOOK OF THE YEAR	ORANGEBOY PATRICE EARRING Wilson of the Na Alba 207	LAUREN ROBERTS























# **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.









# 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.

# **Foodbank Sessions**

The Foodbank office will be closed from 1.30pm on Monday 23rd Dec 2024 and reopen at 9:30am on Thursday 2nd January 2025.

The warehouse will be closed from 1.30pm on Friday 20th Dec 2024 and will reopen on Monday 30th December at 9.30am. It will also be closed on Wednesday 1st January 2025.

#### **Emergency Food**

If you have an urgent need for food while they are closed, please contact the Cardiff Council Advice line on 029 2087 1071 and they will be able to help you. Alternatively visit the Foodbank's Emergency Food webpage for other places to get a voucher code.













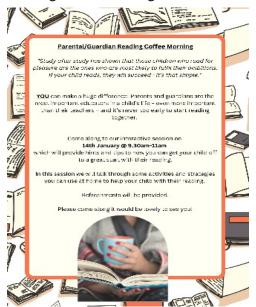








# **Reading Coffee Morning**



Come along to our interactive session on 14th January at 9.30am-11.00am which will provide hints and tips on how you can get your child off to a great start with their reading. In this session we will talk through some activities and strategies you can use at home to help your child with their reading. Refreshments will be provided. Please come along, it would be lovely to see you! Please click on the link below if you would like to attend.

https://forms.office.com/e/NndTCP63zx

# **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



# Attendance Coffee Morning.



Please come along to our Attendance Coffee morning, you will have the opportunity to meet our Attendance Officers Donna & Amber to discuss any concerns or questions.

Lets pull together to make 2025 a great year for attendance!

If you woud like to attend please click on the link below https://forms.office.com/e/uq1DDWrPVA





















#### **Free Toys**



Free toys to anyone who needs them in our local communities at The Cabin, Lamby Way

Please call in on the above dates to pick from one of their 'Free Toy

#### 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)'

#### **Supporting Your Child During Exams**

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

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























#### 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.



#EveryDayMatters www.cardiff.gov.uk/schoolattendance



# Attendance Draw Winners (week ending 13th December)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Piotr Kowalski

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

Year 7 winners: Emmanual Imade, Mamadou Susso

Year 8 winners: Adrijus Novikavos, Grace Seager, Tyrzha

Wortley-Shvartz

Year 9 winners: Dylan Powell, Maryam Hussaini

Year 10 winners: Reyo Cook, Amelia Robinson

Year 11 winners: Natalie Kubickova, Aya Mohammed

Attend Like a Champion!





















#### **Class Charts**

#### What is Class Charts?

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



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





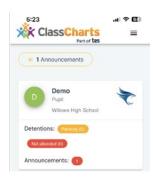
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

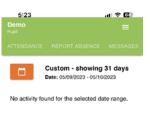
Thank you to all parents who have signed up to Class Charts this year and to those of you who continue to use it.

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

How to report an absence on Class Charts

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





Activity

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



- 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!

Attachments

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

















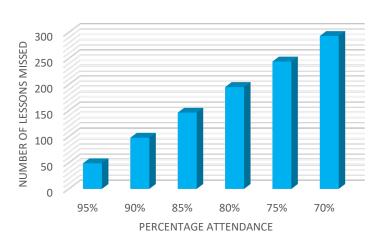




# Important information about attendance to school

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

# **Number of lessons Missed**



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

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

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

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

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

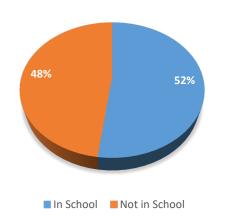
Pupils are in school for 190 days of the year, they are not in school for 175 days of the year.

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

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

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

# Days in School / Not in School



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





















# <u>Important Information for All Parents and Guardians</u>

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.



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





















#### **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 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 school's be the decision.

We would appreciate if you would discuss this with your child and take steps to ensure that they appropriately dressed for school when they leave your house in the morning.

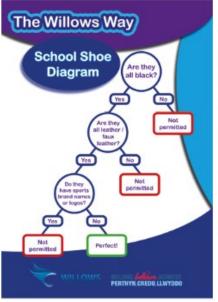
P.E. Kit: School P.E. midlayer top, plain black sport shorts, plain black tracksuit trousers or plain black sports leggings. No jeggings, tight fitting trousers, jeans, jean like trousers or low rise

trousers No hoodies

Currently if your child has P.E. they should wear their P.E. kit to school for that day.

If you are concerned about the cold weather, pupils may wear their blazer as an extra layer of clothing.

#### 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

The school will make parents aware if there is any change to the school uniform due to increases in temperature, please do not send your child in P.E. kit if the weather is warm.

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

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

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



















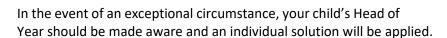


### Mobile phone use in school FAQs

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

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

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





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

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

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

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

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

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

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

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

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

Can devices be used during breaks/lunches?

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

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

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

















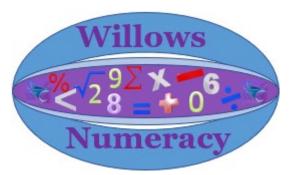




# **Mathematics Department**

# 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 2024

Year 8 - Thursday 27th March 2024

Year 7 - Friday 28th March 2024

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

Challenge date: 1st May 2025

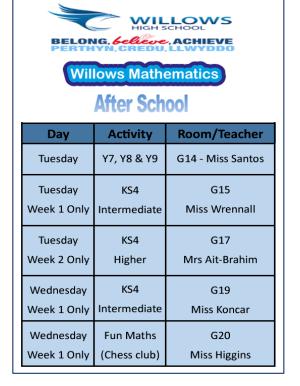
UKMT Challenge is an external Mathematics competition giving Year 7 and Year 8 MAT pupils the opportunity to tackle a variety of mathematical activities which inspire their love to problem solving. Relevant emails have been sent to pupils.

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























# Numeracy Terms and Question of Week 15, starting 16/12/24:

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

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

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

#### Numeracy Answer of the week 14 Pet Problem: Question Number of Students Who Answered Yes Do you have 16 at least one dog at home? Do you have 19 at least one cat at home? Do you have both at least one cat and at least one dog at home?

Since 11 students have both at least one cat and at least one dog, we can put 11 in the overlapping section of the Venn diagram. Now, 16 students have at least one dog at home and 11 have dogs and cats, 50 do - 11 = 5 students have only dogs at home. Similarly, 19 students have at least one cat at home, 50 19 - 11 = 8 students have only cats at home. The Venn diagram below summarizes this.



Now we need to add up all the pet owners.

Numeracy Question for week 15

5 (dogs only) + 11 (cats and dogs) + 8 (cats only) = 24 pet owners. There are 30 students in the class in total. Therefore, the remaining 30 - 24 = 6 students do not have cats nor dogs as pets.

# Numeracy Answer for week 14

#### Question of the week 15

#### **Healthy Eating:**

Ms. Morgan's health class is discussing healthy eating choices. She asked 9 of her students to write down how many servings of fruits or vegetables they eat every day. The following chart shows the results:

#### Servings of Fruits or Vegetables per Day

	Number of Servings
Vlad	3
Tessa	2
Shaheed	4
Maja	2
Mike	3
Braydon	2
Priya	6
Juan	2
Layla	3



Given this data, what is the mean, the median, the mode, and the range for the number of servings of fruits or vegetables consumed in a day by these students in Ms. Morgan's health class?

#### Numeracy Terms for week 15

#### Terms of the week 15

#### Sum, Product, Quotient and Difference:

 $\underline{\mathbf{Sum}} :$  the total amount resulting from the addition of two or more numbers. Example: 10 is the sum of 6 and 4 (6 + 4 = 10).

 $\underline{\mathbf{Product}}\!:$  The result obtained through multiplication of two or more numbers. Example: 12 is the product of 3 and 4 (3  $\times$  4 = 12).

**Quotient**: The result obtained through division of two numbers. Example: 6 is the quotient of 24 and 4 (24  $\div$  4 = 6)

 $\underline{\mathbf{Difference}}.$  The difference is the answer to a subtraction problem, in which one number is taken away from another.

Example: 20 is the difference of 24 and 4 (24 - 4 = 20).





















#### 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	Samuel	Nicolau	11	11FA/Ma
2	Mandra	Jayaweera	7	7SO/Ma
3	Seren	Davies	10	10DA/Ma

# Year Group Leaderboards

#	First Name	Surname	Year	Class
1	Mandra	Jayaweera	7	7SO/Ma
2	Sofia	Rehman	7	7DB/Ma
3	Tobi	Adesina	7	7DB/Ma
#	First Name	Surname	Year	Class
1	Oyindamola	Bolade	9	9DA/M
2	Jack Rhys	Drewen	9	9DA/M

#	First Name	Surname	Year	Class
1	Oliver	Pipe	8	8BE/Ma
2	Harlen	Taylor	8	8MO/Ma
3	Amera	Parsons	8	8BE/Ma
t	First Name	Surname	Year	Class
1	Seren	Davies	10	10DA/N
				10CU/N

#	First Name	Surname	Year	Class
1	Samuel	Nicolau	11	11FA/Ma
2	Ayomide	Ogedengbe	11	11FA/Ma
3	Glory	Oyebanji	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





















#### 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/1FAIpQLSdZM9dPoRZh5gIEUV7BLYmFSa2l1Zb4mrMRsmLsIKWPwznvA/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.























#### **Craftitude - Creative Craft and Wellbeing**



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 Platfform, 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 compassionate 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 takehome 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 <u>julie@singleparentswellbeing.com</u> to enquire.





















#### **Splott Community Volunteers – Christmas Grotto**

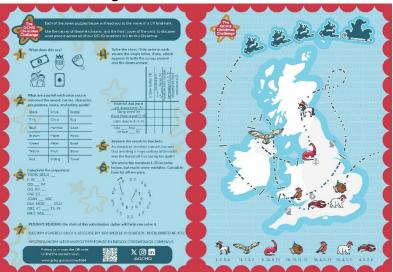
Splott Community Volunteers are holding their Christmas Grotto at the Star Centre on the 21st December.

With lots of fun and festivities, it'll be the perfect way to get you into the Christmas Spirit.

Raffle tickets for the prize draw, with some fantastic prizes, are available at the school's main office at £1 per ticket.



# **Christmas Challenge**



See if you can solve the Christmas puzzle! Each of the seven puzzles at the end of this newsletter will lead you to name of a UK Landmark

Use the names of these landmarks, and the map, to discover where people across all of the GCHQ locations will be this Christmas.

Scan the QR code to find out the answers.

Give it a go!

#### Splo-down



Splo-down is a member-run community food cooperative open to residents of Adamsdown, Splott, and Tremorfa. They buy food in bulk and use sliding-scale pricing so they can make good quality food accessible to everyone. They currently run a weekly stall 5-7pm every Wednesday where they sell veg boxes and run a zero-waste shop selling other food and household products such as rice, lentils, pasta, spices, and washing up liquid.

They try to source our products from sustainable and ethical suppliers as much as possible. For any questions, please email them at:

ask@splo-down.org





















#### **Social Media**

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



on our pupils and in some cases, the impact has been quite significant.

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

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

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

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

#### **South Wales Police - Sextortion**

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

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

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

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

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















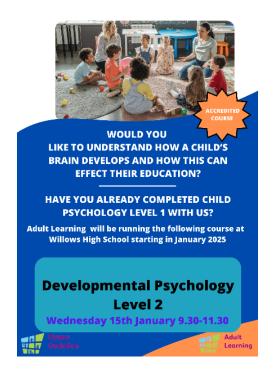






# **Learning Lounge & Families**

# Adult Learning in the Learning Lounge





# 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







#### Citizens Advice

A reminder that members of our community can make appointments with staff from the Citizens' Advice at our Learning Lounge. They can provide advice of a range of topics such as housing, benefits and legal matters. To make an appointment, please e-mail the school using karen.hunt@willows.cardiff.sch.uk or by phone using 07733889062





















# Wellbeing in school

At Willows High School, we aim to promote positive mental health and wellbeing for our whole school community; pupils, staff and families, and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through ups and downs through their school career/life and some face significant life events.

Our aim is to help develop the protective factors which build resilience to mental health problems and be a school where:

- All pupils are valued
- Pupils have a sense of belonging and feel safe
- Pupils feel able to talk openly with trusted adults about their problems without feeling any stigma
- Positive mental health is promoted and valued
- Bullying is not tolerated

#### **Pupils**

If you feel you need some support with your wellbeing we want to help and there are many places to go: Staff in the Learning Lounge are here to look after your wellbeing so please come down for a confidential chat.

If you are a young carer and feel you need more support or would like to know about more opportunities out there for you, Ms. Mackintosh, our Safeguarding Officer, can provide information on what is available.

Your Head of Year or any member of the Welfare Team are there to support you. You can find them at line-up time, in the welfare office or anywhere around the school.

A member of staff you trust. All members of staff will be there for you. If you want to confide in someone please do and they will help get you the support you need.



#### Parents and Families

We want to help you as best we can and there is a lot of support out there for parents and families.

Please contact the school using <a href="mailto:karen.hunt@willows.cardiff.sch.uk">karen.hunt@willows.cardiff.sch.uk</a> or by phone using 07733889062 if you need any information on who you can turn to.

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





















# Allergies

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

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

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

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



# Safeguarding

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

#### **Chat Health**

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



#### **Cardiff Foodbank**

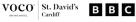
Willows High School is a partner agency for Cardiff Foodbank.

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





















#### **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-planyoung-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.





















#### **Careers Wales**

Newsletter for parents and carers of children in mainstream education:

https://publicfiles.careerswales.gov.wales/cwmarketing/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

Have a fantastic Christmas Break and we'll see you all when school returns on Monday 6th January 2025.

# **Team Willows**











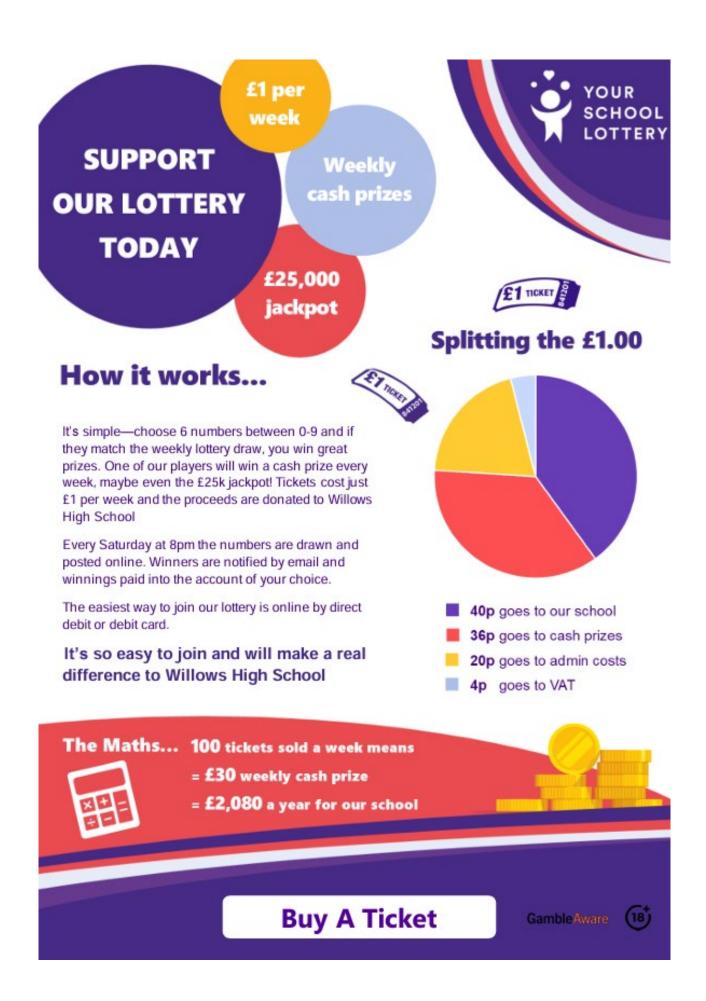


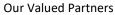


































Butternut squash, courgette, feta and basil pasta		Oven baked lemon chicken		
Focaccia garlic bread	Halal chicken sausage with vegetable mash and gravy	Herb roasted new potatoes and Mediterranean vegetables	Jerk chicken with Mediterranean vegetable rice and peas	Fish, chips and beans  Salmon fishcake  Alt: ½ Jacket potato
Pornegranate salad pot		Alt: Rice		Ait. 72 Jacket potato
Butternut squash, courgette, feta and basil pasta  Garlic bread	Vegetarian sausage bake with vegetable mash and gravy	Vegan meat balls with lemon cream sauce	Asian influenced lentil and chickpea dhal with pitta bread	Pitta kebab with mint yogurt
Pomegranate salad	Salad of the day	Salad of the day	Salad of the day	Salad of the day
Toffee and banana sponge with custard	Vanilla cheesecake	Orange jelly fruit pot	Brownie	Apple and berry crumble
Cheeseburger (£1.75)	Southern fried chicken burger (£2.75)	Calzone (£1.75)	Hotdog (£2.60)	Pitta kebab with mint yogurt (£2.50)
Cheese burrito (£3.00)	Reggae Reggae chicken (£3.00)	Garlic mayo chicken (£3.00)	Nandos chicken (£3.00)	Sweet chilli Chicken (£3.00)
Jacket potato (£2.50)  Tuna mayonnaise Cheese Beans	Jacket potato (£2.50)  Tuna mayonnaise Cheese Beans	Jacket potato (£2.50)  Tuna mayonnaise Cheese Beans	Jacket potato (£2.50)  Tuna mayonnaise Cheese Beans	Jacket potato (£2.50)  Tuna mayonnaise Cheese Beans (£2.80)
°C	Butternut squash, courgette, feta and basil pasta  Garlic bread  Pomegranate salad  Toffee and banana sponge with custard  Cheeseburger (£1.75)  Cheese burrito (£3.00)  Jacket potato (£2.50)  Tuna mayonnaise Cheese	And gravy  Demogranate salad pot  Butternut squash, courgette, feta and basil pasta  Garlic bread  Pomegranate salad  Pomegranate salad  Carlic bread  Cheeseburger (£1.75)  Cheese burrito (£3.00)  Jacket potato (£2.50)  Tuna mayonnaise Cheese Beans  Cheese Beans  And gravy  Vegetarian sausage bake with vegetable mash and gravy  Vanilla cheesecake  Southern fried chicken burger (£2.75)  Reggae Reggae chicken (£3.00)  Tuna mayonnaise Cheese Beans	and gravy  International pot some granate salad pot sala	Pomegranate salad pot Salad of the day Salad of the day Salad of the day Salad of the day Songe with custard Cheese Beans Speans Salad pot Salad of the day Sal















