




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

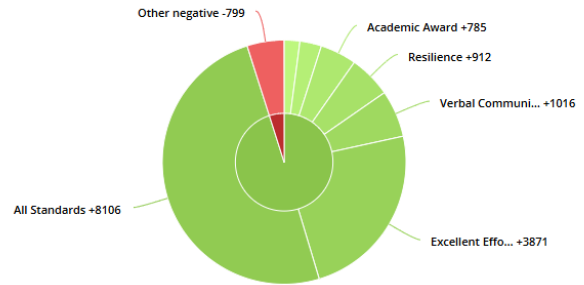
Weekly Newsletter – 24.01.2025

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

Belong, Believe, Achieve:

This week our pupils have been working on a film project, completing their Science practical examinations, competing in football tournaments and learning about Santes Dwywfen. Our assemblies this week have been given by Mrs. Bubbins and Miss Davies and have been focused on how our pupils can get the best out of their homework.

Willows High School Conduct Overview
20/01/2025 - 24/01/2025



Merits: 20.01.2025-24.01.2025

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.

Year Group	Total	Excellent Effort	Merit Champions
Year 7	3650	7Attfield	Kashifa Asif
Year 8	3565	8Beethoven	Mylo Ryder
Year 9	3733	9Hepworth	Esther Mma
Year 10	2322	10Curie	Leen Al-Najjar
Year 11	2295	11Edison	Hamudi Saleh

Dates for your Diary:

- 28th January: Years 7 & 8 Basketball tournament
- 28th January Employment, Training Advice & Support drop in 11am-1pm
- 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:

Careers - Mock Interviews

This week Year 11 pupils were involved in the Mock Interview Day. A few weeks prior to the event, the pupils had had a visit from some employers who explained the importance of promoting yourself at an interview and how to present yourself properly to make a good impression. They also gave the pupils ideas of the types of questions they would be asked on the day.

This week, we had people from an array of different companies who all came in to help us run the interviews with about 114 pupils being involved in the event. The companies represented were:

- Whitehead builders
- Legal & General
- Cardiff Council
- Cardiff & Vale University Health Board
- The Royal Mint
- Cardiff Community Housing Association
- Aldermore Bank
- Morgan Sindall Construction
- Celsa Steel
- Bam Construction

Throughout the day the pupils conducted themselves in a very professional manner. Their maturity and attitude throughout the entire day was superb.



It was really good to see the smiles on pupils faces as they left the interview. Hopefully the pupils have all gained a valuable insight into what is required when faced with an interview with a potential employer and have gained some confidence for any future interviews.

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Careers - Year 9 Carousel

This week, we held the Year 9 Careers Carousel. The event was designed to highlight some different jobs and careers that exist in the local workplace. The companies that were represented were:

- Cardiff Community Housing Association
- His Majesties Prison & Probation Service
- Royal College of Nursing
- Cardiff City Football Foundation
- Morgan Sindall Construction
- Dept for Science, Innovation and Technology

Each talk gave the groups an insight into some of the jobs that exist within those industries. The pupils were well behaved and respectful to our visitors. 9MA in particular were really engaged in the sessions and responded well to all the questions that the employers asked.



A huge thank you to Adrian Cole from Careers Wales for arranging it and to all the employers who gave up their time to talk to our pupils.

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VOCO
St. David's
Cardiff



ARUP Taylor
Wimpey



Careers - Nursing Talk

This week year 11 pupils were given a talk about nursing by Sam Hughes and Liz Vaughan, from the Cardiff and Vale UHB. The talk covered the types of nurses, their roles and the different entry routes into the profession.

There was a lot of interest from the pupils – we even had to turn pupils away due to the sheer volume of pupils that arrived. The pupils had a go at taking blood pressure, examining eyes and even seeing a (fake) blood pack.



Many thanks to Matt, Liz and to Adrian Cole, from Careers Wales for organising the talk.

Enrichment

Another fun packed and creative Enrichment this week!

Pupils were happy, smiling and fully engaged in activities which included: street art, street food, cooking, jewellery making, PlayStation, board games, pool, rocket cars and the gym. These are just a handful of the fantastic Enrichment sessions on offer for our pupils.



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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

Super competitive football match for our Year 9 Boys on Wednesday after school, who welcomed a strong Whitmore side. Willows dominated for long periods particularly in the second half, peppering the opposition goalkeeper with shots. Unfortunately, it wasn't enough and we fell to an unlucky 3:1 loss. After a disappointing start, a great attitude was shown in the second half and the boys did themselves proud!



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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PERTHYN, CREDU, LLWYDDO

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Antur/Adventure@Willows
Urdd Orienteering

8SC (Maths Class) and 7PL put their Welsh language skills to the test in some exciting team building and orienteering competitions!

Llongyfarchiadau /congratulations to Nisa Noor who stood out for her impressive grasp and passion for the Welsh language. That Duolingo practice was worth it. Bendigedig!

Diolch/Thank you to the Urdd for hosting and being part of the new Antur/Adventure@Willows project. The programme will run from Year 7-10 and introduce pupils to outdoor and adventure activities with the chance to complete the Duke of Edinburgh in Year 10.



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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.



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

A DIGITAL YOUTH CLUB AT YOUR FINGERTIPS!

Ages 13-17 and 16-25

Welsh language Server also available!

Make new friends in Cardiff!

Access to a youth worker from wherever you are in Cardiff!

Information, Guidance, Chatting, all kinds of Gaming, Meet-ups and more!
Discover tons of new opportunities!

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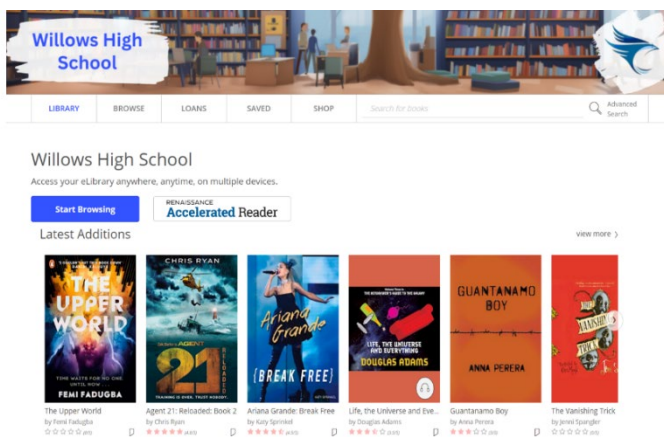
E Platform Learning


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

Download on the
App Store

GET IT ON
Google Play

SCAN TO LAUNCH APP

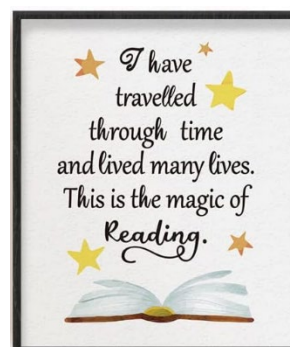


Or add using your setup code **5452**

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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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. Estm 2016

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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 Three

Welsh	Phonetic	English
Sut wyt ti?	sit – oy- tee?	How are you?
Da iawn, diolch.	dah yah-wn dee-ol- ch	Very good, thanks.
Iawn, diolch.	Yah-wn dee-ol- ch	Alright, thanks.
Ddim yn drwg	Dd -im un droog	Not bad
Ddim yn dda	Dd -im un ddar	Not good

Extended Language Patterns This week, we will look at offering someone assistance or help.

Allai helpu?	Ah- ll -eye help-‘e’	Can I help?
Popeth yn iawn?	poh-peth un yah-wn?	Is everything o.k?
Ti’n iawn?	teen yah-wn?	Are you ok?
Wyt ti angen cymorth?	Oy tee ang-enn come-orth?	Do you need aid / support?
Oes broblem?	oyce brob-lemm	Is there a problem?
Dim problem	dim prob-lemm	no problem

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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











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.

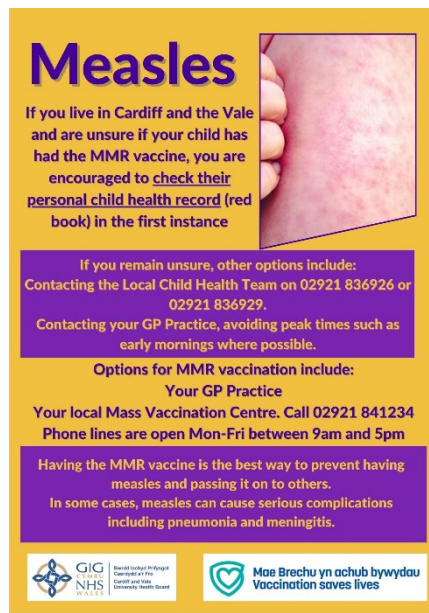
CAVDAS services are free, confidential and open to everyone.

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/)¹





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.



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

HPV Vaccinations

The Human papillomavirus (HPV) vaccination protects against HPV infection to help reduce your child's risk of some cancers

Dear parent or guardian, The School Nursing Immunisation Team will visit your school on 03/04/2025 to offer all pupils in Year 8 the HPV vaccine. The NHS recommends that your child gets the HPV vaccine to protect against cancers caused by HPV.

Please complete the electronic consent form by the end of the day 30/03/2025 by using the QR code or clicking on the link.

https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjgkCoVkM8ntyProwc0tRo7SI_FodPDo7y1M5RUOTEyTEdKT0ozOERWSEVXSU1aNTdIREo2NS4u



The HPV vaccine is highly effective in protecting boys and girls from certain types of cancer caused by HPV infection, including cervical cancer and head and neck cancers (that are most common in males). The HPV vaccine is also effective in protecting boys and girls from certain types of genital warts. Once your child has received one dose, they will be fully vaccinated and will not require any further doses of the HPV vaccine.

Girls who are vaccinated against HPV will still need to have routine cervical screenings (smear tests) from the age of 25. The best possible defence against cervical cancer is a combination of HPV vaccination and routine cervical screening.

You can find more information on the HPV vaccine at: <https://phw.nhs.wales/topics/immunisation-and-vaccines/vaccination-information1/hpv/> Please keep this letter as it contains the date of the Human Papillomavirus (HPV) vaccination session and contact details.



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Attendance

Contact Details - Willows High School

To Report an Absence:

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

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

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

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

Please do not use the old mobile numbers or email.



Attendance Draw Winners (week ending 17th January 2025)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Jack Rhys Drewen

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

Year 7 winners: Abdullah Althani, Miqdad Folorunsho.

Year 8 winners: Mohammed Al Thani, Anoush Vidyansh

Year 9 winners: Hadley Davies, Katie Cowell

Year 10 winners: Harley Lucas-Hill, Jayden Bird

Year 11 winners: Keyan O’Connell, Winner Chinedum.

Attend Like a Champion!

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VOCO St. David's Cardiff



ARUP Taylor Wimpey

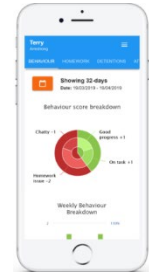
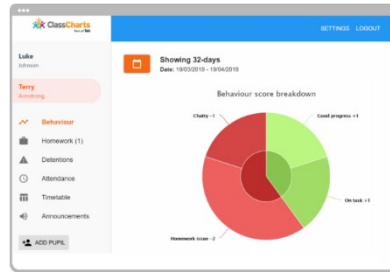


Class Charts

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.



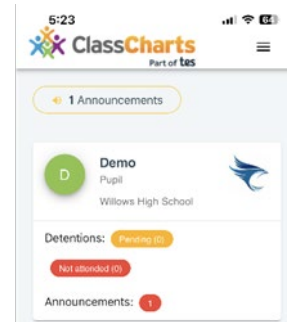
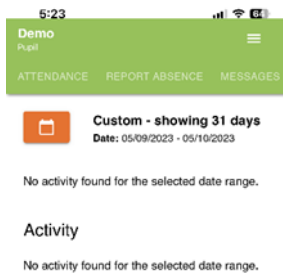
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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.

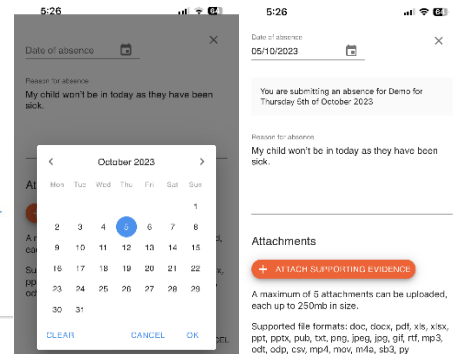
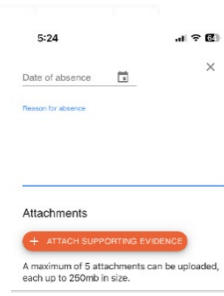


2. Scroll across the green band at the top and click 'report absence'.

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!

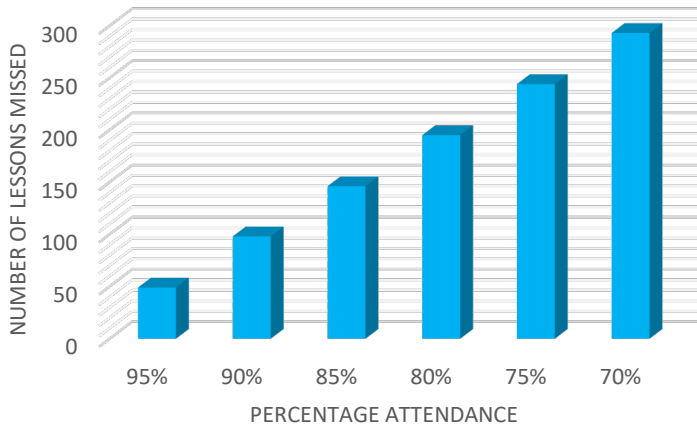
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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Important information about attendance to school

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

Number of lessons Missed



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

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

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

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

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

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

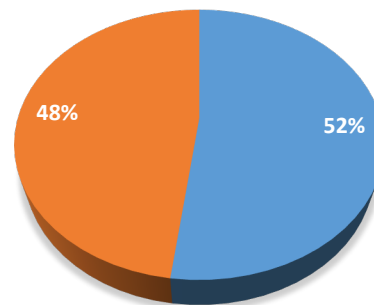
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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

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

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

Days in School / Not in School



■ In School ■ Not in School

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. beginning
2. business
3. decide
4. definitely
5. embarrass
6. friend
7. immediately
8. opinion
9. opportunity
10. separate

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>

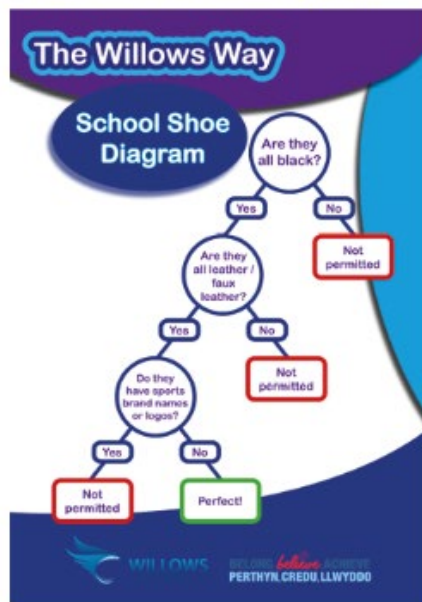
If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer.

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

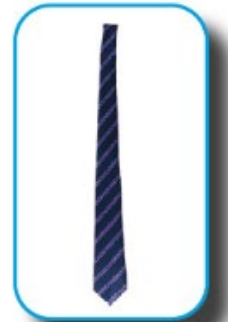
Currently if your child has P.E. they should wear their P.E. kit to school for that day.
If you are concerned about the cold weather, pupils may wear their blazer as an extra layer of clothing.

Acceptable shoes flow diagram:



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



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.

Our Valued Partners

cowshed



VOCO St. David's Cardiff



ARUP Taylor Wimpey



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?

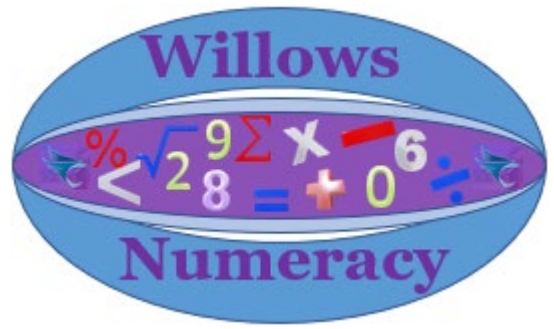
Yes, absolutely, we want our pupils to use their electronic devices responsibly and in moderation. We can work with you to put in place plans to avoid overuse and misuse and will support you in ensuring your child is meeting the school expectations. We will also be educating pupils on how to use devices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

Our Valued Partners

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 Week 1 Only	KS4 Intermediate	G15 Miss Wrennall
Tuesday Week 2 Only	KS4 Higher	G17 Mrs Ait-Brahim
Wednesday Week 1 Only	KS4 Intermediate	G19 Miss Koncar
Wednesday Week 1 Only	Fun Maths (Chess club)	G20 Miss Higgins

Our Valued Partners



Numeracy Terms and Question of Week 18, starting 20/01/2025:

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.

Numeracy Answer 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?



Solution:

Since half of 4 is 2, then on average Mary Lois's family uses the clothes line to dry two loads of laundry per week. This means they would save approximately:
 $2 \times 5 = 10$ kilowatt-hours of energy each week.

Since there are approximately 52 weeks in a year, we calculate the total savings as
 $52 \times 10 = 520$ kilowatt-hours of energy.

Numeracy Answer for week 17

Numeracy Question for week 18

Question of the week 18

Counting Collections

The students in Riverside Community School love to play a game called "Counting Collections". In this game, the students collect objects, and the student who has collected the most objects wins. Ahmed has collected 262 erasers, 451 buttons and 173 pencils. Alyssa has collected 489 straws and 446 rocks.



To estimate who collected the most objects, they round the total number of each type of object, and then use the rounded numbers to calculate the total for each player. Ahmed rounds all the numbers to the nearest 100. Alyssa rounds all the numbers to the nearest 10.

- Based on his rounded calculation, who does Ahmed think won the game?
- Based on her rounded calculation, who does Alyssa think won the game?
- Who is correct? Justify your answer.

Terms of the week 18

BIDMAS /BODMAS /PEDMAS:

Acronyms used to help people remember the correct order of operations for solving algebraic equations.

BIDMAS stands for "Brackets, Indices, Division, Multiplication, Addition, and Subtraction"

BODMAS stands for "Brackets, Order, Division, Multiplication, Addition, and Subtraction"

PEMDAS stands for "Parentheses, Exponents, Multiplication, Division, Addition, and Subtraction".

Brackets and Parentheses are the same thing, e.g. (3-7)

Indices, Orders and Exponents are powers, e.g. 3^2 or 4^3

Example: To work out the value of: $4 + 2 \times 3^2$, we work out 3^2 first to get $4 + 2 \times 9$; then multiplication second, to get $4 + 18$; then addition last to get a final answer of 22.

Numeracy Terms for week 18

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	Tobi	Adesina	7	7DB/Ma
2	Prince Uriel	Boleigha	8	8SC/Ma
3	Jack Rhys	Drewen	9	9HP/Ma

Year Group Leaderboards

#	First Name	Surname	Year	Class
1	Tobi	Adesina	7	7DB/Ma
2	Miqdad	Folorunsho	7	7PL/Ma
3	Sama	Shbib	7	7CY/Ma

#	First Name	Surname	Year	Class
1	Jack Rhys	Drewen	9	9HP/Ma
2	Amnnah	Husayn	9	9MA/Ma
3	Sajel	Nasir	9	9HP/Ma

#	First Name	Surname	Year	Class
1	Prince Uriel	Boleigha	8	8SC/Ma
2	Boma	Oruene	8	8MO/Ma
3	Yazan	Sabah	8	8SC/Ma

#	First Name	Surname	Year	Class
1	Sultan	Sanusi	10	10CU/Ma
2	Ruaa	Bouni	10	10CU/Ma
3	Gina	Kong	10	10CU/Ma

#	First Name	Surname	Year	Class
1	Haneen	Husayn	11	11ED/Ma
2	Lisa	Inganda	11	11ED/Ma
3	Andres	Ariza Gualdrón	11	11ED/Ma

TimesTable Rockstars

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



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

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

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

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

WHOLE SCHOOL		
Rank	Name	Maths Group
1	Emily Sopcek	7PL/Ma
2	Ethan Smith	7PL/Ma
3	Sofia O'Shaughnessy	7PL/Ma

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

cowshed



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

SEWING PILLOWS SLEEP
VISION BOARD/ JOURNALLING BOUNDARIES
DRAWING/ PAINTING SELF-CARE

Learn techniques each week!
Alternate Saturdays
18th January - 29th March
Churchill Way, Cardiff
12.30-2.30pm

Drinks & Snacks included!

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) 10.15-11.15am
 Saturday 11th: You, your friend or 10-20am
 Saturday 18th: Gorsewood Club 10.30am - 12.30pm
 Saturday 18th: Meet and Meet (10.30am - 12.30pm)
 Friday 24th: Linger Long (parent committee) or substitute 10.30am - 12.30pm
 Saturday 25th: Splo-down and the Splo-down Wassail 10.30am - 12.30pm

February

Thursday 6th: Dev J. Galt 10.15-11.15am
 Saturday 8th: Introduction to the local campus for your home 10.30am - 12.30pm
 Saturday 8th: Introduction to the local campus (10.30am - 12.30pm)
 Friday 14th: Monday - Friday (10.30am - 12.30pm)
 Saturday 15th: The Splo-down Seed Swap 11.30am - 2.00pm
 Saturday 15th: Torricelli making (10.30am - 12.30pm)
 Tuesday 18th: Free Garden Kitchen Knitting for Rogerson St. 10.30am
 Saturday 23rd: Gorsewood Club 10.30am - 12.30pm
 Thursday 27th: Fairy Aok's 20th Student Family Day 11.30am - 12.30pm

Please note! Some of our activities are passing in the new year. Not all activities will continue for the new year. If you're looking for more information, please contact us.

Stay in touch Regular free activities

Tuesdays, from 7/11
 10.30am - 12.30pm: Localia, People in Place
 12.30pm: Stay @ Place - Top Library
 12.30pm: Welsh learners practice & chat area
 2pm: Good Start (part of the Mums Share movement)

Wednesdays, from 8/11
 1pm: Writing for Fun

Fridays, from 8/11
 10.30am - 12.30pm: drop in volunteering session

Bentley, the library of things is open: 10am - 2pm on Wednesdays, Thursdays, Saturdays

Railway Gardens is supported by:

Green Squirrel, BCT, Nant, etc.

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](#)

Coginio cymunedol a Gwasael! **Community cook up & Wassail!**

Railway Gardens

MYNEDIAD AM DDIM | FREE ENTRY

Fech gwahoddur i ymuno â ni i goginio a rhannu cinio cyd ar y cyd, ac i dystio Gwasael Goeden Afalau, traddodiad gaeafol hynafol.

You're invited to join us for some cosy cooking, a shared lunch, and an Apple Tree Wassail, an ancient winter tradition.

RAILWAY GARDENS, SLOTT, CF24 2BH
25th January 2025

11.30am: Coginio ar y cyd
12:30pm: Bwyta ar y cyd
1:15pm: Gwasael!

12pm: Cook together
12:30pm: Eat together
1:15pm: Wassail!

Splott Community Volunteers.

FEED & READ

FREE TERM-TIME AFTER-SCHOOL READING CLUB FOR AGES 10-13

TUESDAYS 4.15PM - 5.45PM

BOOKS & FOOD PROVIDED
FREE WIFI & PRINTING

AT SLOTT COMMUNITY VOLUNTEERS, BACK OF THE STAR CENTRE
 ENTRY ON RAILWAY STREET (OPPOSITE AT TYRES)
WWW.SLOTTCOMMUNITYVOLUNTEERS.CO.UK

COFFIN CYMUNEDOL COMMUNITY FUND
 Splott Community Volunteers

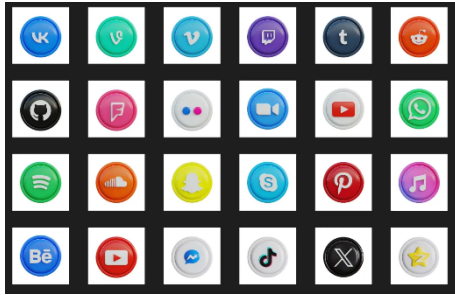
Free Term Time after school reading club for ages 10-13, books and food provided, please come along!

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



MCKS
Charitable Foundation UK

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



Citizens Advice

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

Our Valued Partners



Wellbeing in school

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

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

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

Pupils

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

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

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

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

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



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

Chat Health

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

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

ChatHealth **CIG NIS** **Health and Wellbeing Lead at Willows School**

BULLYING SMOKING EMOTIONAL WELLBEING FEELING SAD OR ANGRY EXAM STRESS

HEALTHY EATING CHANGES TO YOUR BODY DRUGS ALCOHOL RELATIONSHIPS

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your message and details can be kept by other teachers but will be kept confidentially. We will not reply to your text on a working day and you should get an immediate answer back to confirm we received your text. Texts will not be sent on a school or weekend working basis. If you need help before you have back to school, contact a member of school staff or your doctor. Our text number does not receive messages on a 24-hour basis. The support message team do not have a number only contact us via our health messages team from 9am-5pm, 7 days a week. Texts are sent via a secure, confidential messaging service. Please forward the school nurse form sending messages to you by text to 07520 615718 to our number. Please respect your school mobile phone policy. Messages are charged at your usual rate.

Cardiff Foodbank

Willows High School is a partner agency for Cardiff Foodbank.

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

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Period Dignity

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

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

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

All Year 8 pupils 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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VOCO St. David's Cardiff

BBC

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WALES MILLENNIUM CENTRE

ARUP

JOHN LEWIS & PARTNERS

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FAMILY LAW

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ARUP

JOHN
LEWIS
PARTNERS



Taylor
Wimpey