



WILLOWS HIGH SCHOOL



Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

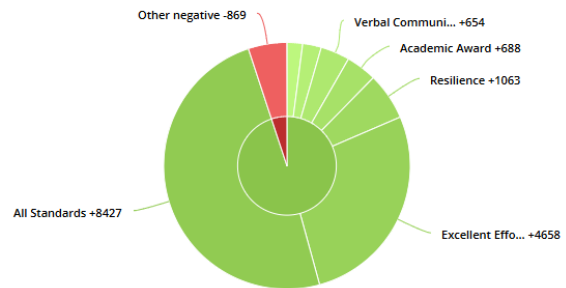
Weekly Newsletter – 14.02.2025

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

Belong, Believe, Achieve:

This week our pupils have been celebrating Welsh Music Day, completing the filming of their film project, both our boys' and girls' football teams have been in action and we held a Year 11 disco and parents' evening. Our assemblies have been delivered by Local Authority staff who are supporting the school with the new building. We are looking forward to hearing about the ideas our pupils have. Keep up to date with the progress by visiting our New Building page on our website.

Willows High School Conduct Overview 10/02/2025 - 14/02/2025



Merits: 10.02.202 - 14.02.2025

We respect the effort that our pupils are putting into their character and studies. A huge Willows well done to all of this week's merit winners.

Table with 4 columns: Year Group, Total, Excellent Effort, Merit Champions. Rows include Year 7 to Year 11 with names like Zac Williams, Rayan Younis, etc.

Dates for your Diary:

- 19th February: Year 8 Engineering Day
24th February to 2nd March – Spring Half Term
28th February to 30th March - Ramadan
3rd March – All pupils return to school
10th March – INSET Day
14th March: Year 11 Photographs



Our Valued Partners



School News:

Iris Film Project

A massive thank you to Into Film and Iris for providing the opportunity for our pupils to get involved with the making of their own film. Pupils have worked with professionals in the industry to make their own film, not only starring in it but working alongside the crew as part of the production team.

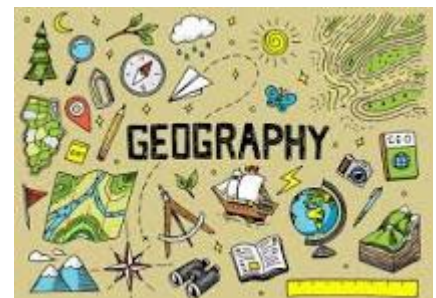
They were able to see what filming on location looks like and the process that goes into putting it all together, a fantastic insight. The experience has been invaluable in helping them to make memories and even consider new career paths. To be able to work with industry professionals has really inspired them.

We can't wait to share the finished product!



Geography Revision

Mr. Gill will be running a Year 10 and Year 11 Geography revision session every Thursday from 15.10pm-16.10pm until the end of the school year.



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Year 11 Disco.



Year 11s enjoyed a disco/party this week. It was an opportunity for them to let their hair down for the evening and not have to worry about the stresses of their upcoming GCSEs.

It was also an opportunity for Mrs Watkins to see how they would be on the night of their Prom. Strictly come Dancing, eat your heart out.

It was a real pleasure to see everyone smiling and just having fun. At the end of the evening there was a raffle with amazing hampers and gifts donated by staff and pupils, a special shout out goes to the Deputy Head Girl's mum who made a beautiful chocolate hamper.

The night raised a brilliant £162 for the Prom

The Year 11 team, Mrs Watkins, Miss Bell, Miss Williams and Mr Thomas, would like to say a huge thank you to everyone who contributed, and helped on the day.

Football news



Our Year 7 boys' football team continue to improve game by game. Despite not being able to get the victory, it was a really good match away at St. Teilo's, played with great spirit. Special mentions to Jake Sage, Bleu Jackman and Jaylen Alexis who were magnificent throughout.

On Monday next week we look forward to a huge game for our Year 9 boys who battle it out with Fitzalan in the semi-final of the Cardiff Plate.

 **WILLOWS**
HIGH SCHOOL


**Boys Football Matches
Spring 1**

Y7 Wed 16th Jan Vs Cantonian (a)
Y9 Wed 22nd Jan Vs Whitmore (h)
Y7 Wed 29th Jan 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
Tues 4th Feb Vs St Cyres (h)
Y9/10 Thurs 13th February

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 **WILLOWS**
HIGH SCHOOL

**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

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Year 11 Enrichment Sessions – Revision Skills:

Since September, Year 11 have received Enrichment lessons to help build their revision skills. Pupils have been taught a variety of techniques such as:

- Mind Mapping
- Flash cards and the Leitner System
- Revision with Friends
- Carousel Homework
- Just a Minute
- Cornell Notes

There are links to videos explaining all of the above to parents on our school website. Pupils in Year 11 should now be considering upping the amount of revision they are completing to **two hours per evening**. All pupils have access to revision time-table templates and can ask for more whenever they need them.

| Week: | The secret to getting ahead is getting started | Do something today that your future self will thank you for | There is no elevator to success, you have to take the stairs | The expert in anything was once the beginner | To change your life you need to change your priorities | | |
|-------------|--|---|--|--|--|----------|--------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 07:00 | | | | | | | |
| 08:00 | | | | | | | |
| 09:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
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| 15:00 | | | | | | | |
| 16:00 | | | | | | | |
| 17:00 | | | | | | | |
| 18:00 | | | | | | | |

The pupils are aware of the potential barriers to their concentration such as busy households or too much time on technology. Please discuss this with your child and support them so that they can revise effectively at this important time in their lives. Some ideas for parents may be:

- Locking the pupils' phone / gaming device for an agreed amount of time each night.
- Testing the pupils out loud after they have revised a topic
- Limiting the time that they go out with friends on week nights.
- Encouraging them to stay focused and show you their revision notes after each revision session



Pupils have also been informed of a variety of in school support such as our school library, after school revision sessions and the availability of free resources.

A number of pupils have admitted that their greatest barrier is themselves as they are easily distracted, lose motivation or don't persevere when the work is difficult. As well as the work we are doing in school on this, it would benefit our pupils if you could talk to your child about this and try to come up with motivational techniques to keep them focused.



We believe in our pupils and want everyone to succeed. If you need any help with this or have any questions, please e-mail Kelly.bubbins@willows.cardiff.sch.uk

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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 Six |
|-------------------------|-------------------------------|---------------------|
| Welsh | Phonetic | English |
| Barod? | Baa-rod? | Ready? |
| Pob lwc! | Poor-b look! | Good luck! |
| Esgusodwch fi | Ess-giss-sod – ugh vee | Excuse me |
| Diolch yn fawr | Dee-ol-ugh un vow-r | Thank you very much |
| Faint o'r gloch ydy hi? | Vine-t orr glo-cch ud-ee hee? | What time is it? |

willowswelsh@willows.cardiff.sch.uk

Extended Language Patterns This week, we will look at additional responses to the question 'Sut wyt ti?' (How are you?)

| | | |
|----------------------|---------------------------|------------------|
| <u>Rydw-i'n.....</u> | <u>Rud-oooh-'een.....</u> | <u>I-am.....</u> |
|----------------------|---------------------------|------------------|

| | | |
|--------------------------------------|--|---------------------------------------|
| <u>edrych-ymlaen-at-y-penwythnos</u> | <u>edd-ri'ch'-umm-line-at-uhh-pen-oy'th'noss</u> | <u>looking-forward-to-the-weekend</u> |
| <u>teimlo-yn-dda, diolch</u> | <u>tey'mm'loh-un-'dd'ah-dee-ol-'ch</u> | <u>feeling-good, thanks</u> |
| <u>wedi-blino'n-lan</u> | <u>weddy-bleen-oh'n-larn</u> | <u>shattered-tired</u> |
| <u>digon-dda</u> | <u>dee-gone-'dd'ahh</u> | <u>good-enough</u> |
| <u>ar-ben-y-byd</u> | <u>ahhr-ben-uhh-bead</u> | <u>on-top-of-the-world</u> |

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New Canteen Menu!

The Willows Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|---|---|---|---|---|
| Meal of the day £3.40 | Spinach ricotta tortellini in a mushroom cream sauce Garlic bread | Chicken Kiev served with cheesy vegetables mashed potatoes | Hunter chicken served with herb rice | Katsu chicken | Fish and chips Salmon fishcake (every other week) |
| Vegetarian option | Spinach ricotta tortellini in a mushroom cream sauce Garlic bread | Cheese, leek and potato pie served with cheesy vegetables mashed potatoes | Red pesto and roasted veg pasta | Veggie katsu | Vegetable and macaroni cheese bake |
| Sides of the day | Diced squash / salad Courgettes Onions, peppers and mushrooms | Green beans / salad potatoes / carrots onions / butternut squash | Rice Boiled potatoes Peas / salad | Noodles Stir fry mix Beansprouts / salad | Mushy peas Beans / salad |
| Dessert | Toffee muffin with custard | Fruit jelly | Trifle | Rhubarb crumble with custard | Brownie |
| Hot and cold snacks | Cheeseburger £1.75 or Cheese burrito £3.00 | Calzone £1.75 or Katsu curry wrap £3.00 | Hotdog £2.60 or Veggie hotdog £2.60 | Cheese and onion parini £1.75 or Minted lamb wrap £3.00 | Cheesy chips and beans £2.75 or Chicken burger £2.75 |
| | Jacket potato £2.50 with Tuna mayonnaise £2.80 Cheese £2.80 Beans £2.80 | Jacket potato £2.50 with Tuna mayonnaise £2.80 Cheese £2.80 Beans £2.80 | Jacket potato £2.50 with Tuna mayonnaise £2.80 Cheese £2.80 Beans £2.80 | Jacket potato £2.50 with Tuna mayonnaise £2.80 Cheese £2.80 Beans £2.80 | Jacket potato £2.50 with Tuna mayonnaise £2.80 Cheese £2.80 Beans £2.80 |
| | Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80 Yogurt £0.90 / Fruit £0.50 | Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80 Yogurt £0.90 / Fruit £0.50 | Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80 Yogurt £0.90 / Fruit £0.50 | Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80 Yogurt £0.90 / Fruit £0.50 | Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80 Yogurt £0.90 / Fruit £0.50 |

The Catering Team have developed a new canteen menu to start after half term. They have already delivered some taster sessions to our pupils and will continue to do so next week. We are grateful for the input from our pupils in the development of the new dishes.

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

A DIGITAL YOUTH CLUB AT YOUR FINGERTIPS!

Ages 13-17 and 16-25

Make new friends in Cardiff!

Welsh language Server also available!

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!

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

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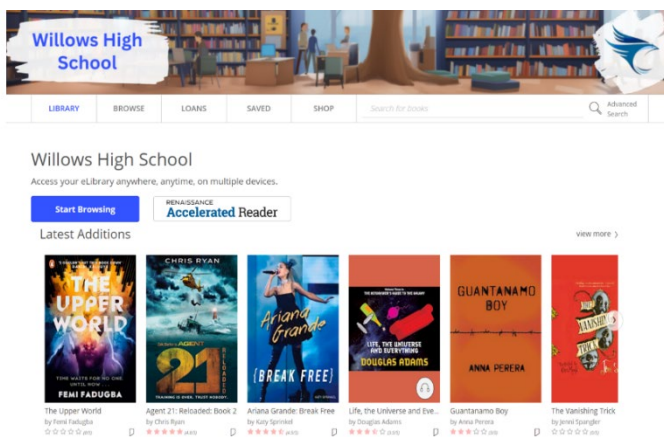
E Platform Learning


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

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



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

STAR tests for this term have also been completed for KS3 and results will be shared shortly. As a reminder, we ask that all pupils read for a minimum of 20 minutes a day. This will have a huge impact on their literacy levels and ensure success in school and beyond. If you have any concerns about your child's reading, please do not hesitate to contact their English or Journey 7 teacher.






Access your eLibrary anywhere, anytime,
on multiple devices

SCAN TO LAUNCH APP

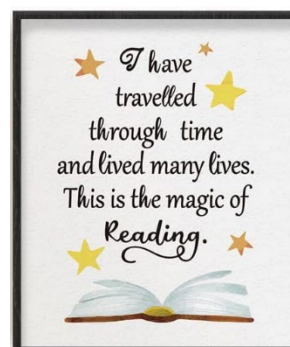


Or add using your setup code **5452**

Readers of the Term

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

1. 7DB - Patrik Caldarau
2. 7AT – Rana Abdelhaleem
3. 8NO –Alexia Spiteri
4. 8BE – Michal Rac
5. 9IN –Dylan Powell
6. 9MA –Halle Wheeler



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

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Period Standard Award

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

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



Adult Learning Classes



If you are interested in any upcoming courses or have any suggestions for courses that you would like us to look into running at Willows, please contact our Family Community Engagement Officer Karen Hunt using:

karen.hunt@willows.cardiff.sch.uk

Employment & Training Support Drop In Sessions

We are holding an Employment Training and Support drop in starting on Tuesday the 28th January at the Learning Lounge on a fortnightly basis, 11am-1pm, the next session will be on the 11th February, please come along!

This is fantastic opportunity to speak to Into Work Advice Service, we can help you improve your CV, boost your employability skills and even access 1-2-1 mentoring support, please come along we would love to see you!!

EMPLOYMENT & TRAINING ADVICE & SUPPORT

with
Into Work Advice Service
and
Digital Support Team

Fortnightly on Tuesdays
Starting 28th January 2024
11am - 1pm
Learning Lounge - Willows High School
Willows Ave, Tremorfa, Cardiff CF24 2YE

Pop in and have a chat!

- Learn new skills
- Be safe and confident online
- Boost your employability skills
- Improve your CV
- Access 1-2-1 mentoring support

Logos at the bottom include: Welsh Government, UK Government, INTO WORK, The Community Foundation, Digital Support Team, and others.

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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.



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!

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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 Willows 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=uChWuyjjgkCoVkM8ntyProwc0tRo7SIFodPDo7y1M5RUOTEyTEdKT0ozOERWSEVXSU1aNTdIREo2NS4u>



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)

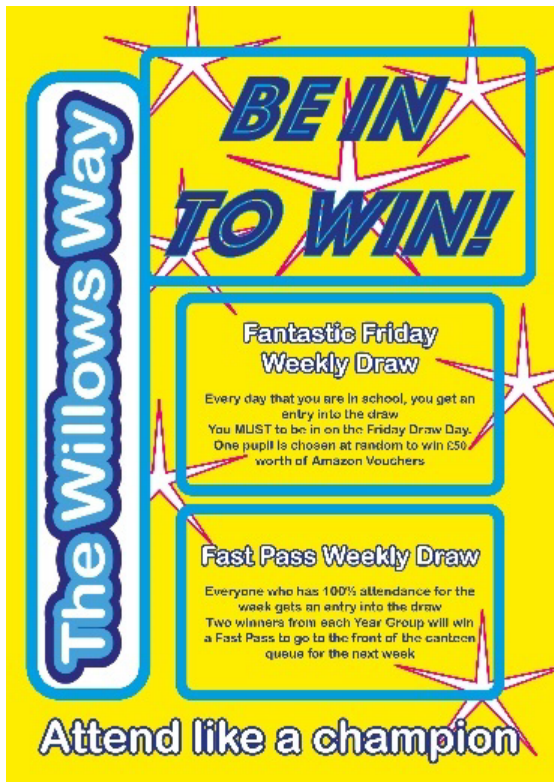
Year 7, Year 10 and second half of Year 11 – (Surname - Khanal to Z)

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 7th February 2025)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: San Karim

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

Year 7 winners: Abbas Rahman, Mia Miller.

Year 8 winners: Asma Mehmud, Abdiraham Hassan Mawel.

Year 9 winners: Menan Adem, Michael Ifeajika.

Year 10 winners: Gina Kong, Semilore Fakeye.

Year 11 winners: Kenula De Silva, Tianna Gordon..

Attend Like a Champion!

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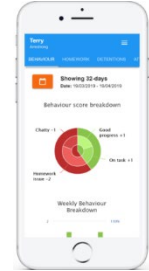
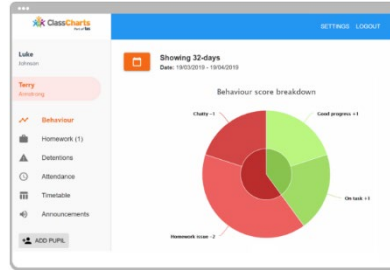


Class Charts

What is Class Charts?

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

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



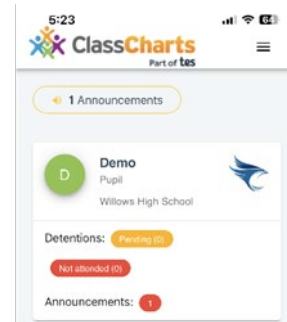
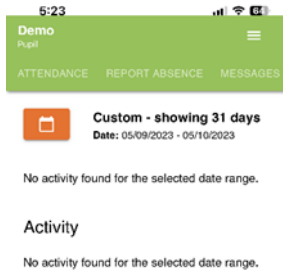
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

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

How to report an absence on Class Charts

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

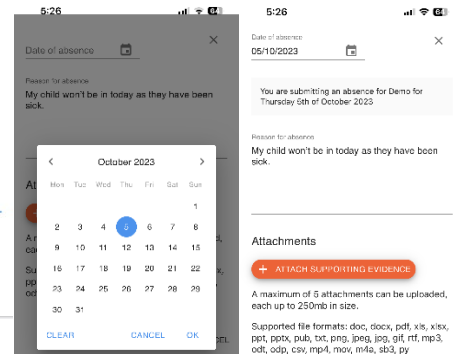
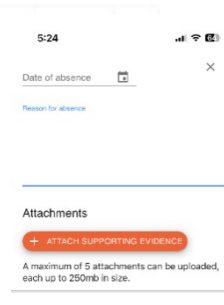


2. Scroll across the green band at the top and click 'report absence'.

3. Click on 'report new absence'



4. Tap the calendar for the date, type in the reason and attach any pictures of medical evidence, such as letters, emails or texts from the doctors, dentist or hospital



5. Click submit...it's as easy as that!

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

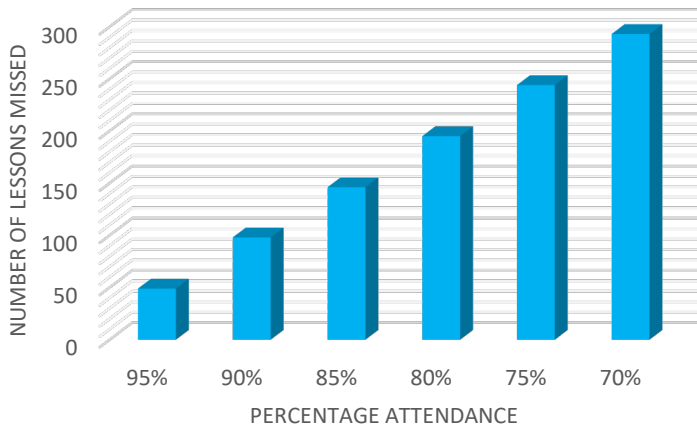
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Important information about attendance to school

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

Number of lessons Missed



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

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

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

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

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

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

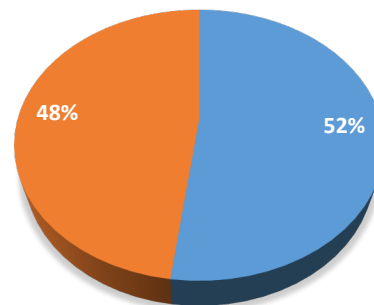
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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

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

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

Days in School / Not in School



■ In School ■ Not in School

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

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>

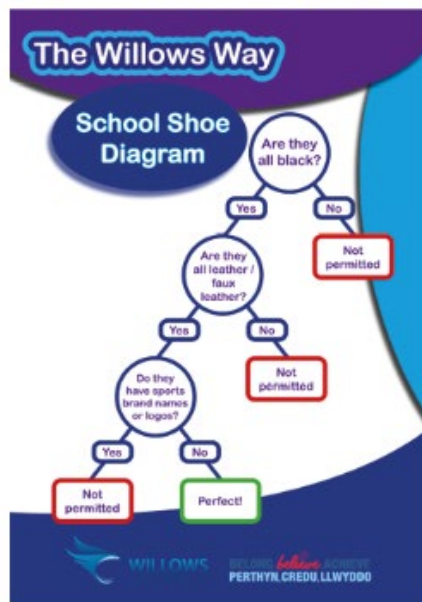
If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer.

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

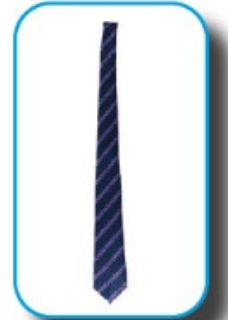
Currently if your child has P.E. they should wear their P.E. kit to school for that day.
If you are concerned about the cold weather, pupils may wear their blazer as an extra layer of clothing.

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

Mobile phone use in school FAQs

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

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

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



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

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

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

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

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

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

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

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

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

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

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

Can devices be used during breaks/lunches?

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

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

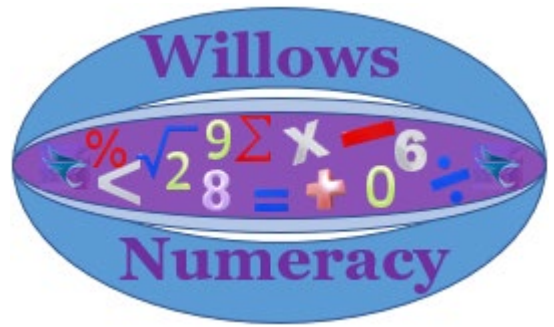
Yes, absolutely, we want our pupils to use their electronic devices responsibly and in moderation. We can work with you to put in place plans to avoid overuse and misuse and will support you in ensuring your child is meeting the school expectations. We will also be educating pupils on how to use devices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

Our Valued Partners

Mathematics Department

Numeracy Boost Session (NBS):

Using a variety of digital (e.g. TT-Rock Stars) and non-digital resources, all KS3 pupils will benefit from using laptops in Numeracy Boost Session to enrich their Mathematics skills; they are delivered fortnightly by Mathematics teachers. It is a great opportunity to support low abilities further and stretch high potential pupils



Numeracy Competition Dates - KS3:

Year 9 - Wednesday 26th March 2025

Year 8 - Thursday 27th March 2025

Year 7 - Friday 28th March 2025

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

Challenge date: 1st May 2025

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

Below is the link to the UKMT website where pupils can familiarise themselves with the challenge and can practise as much as they need to increase their confidence:

<https://www.ukmt.org.uk/competition/solo/junior-mathematical-challenge/archive>

(Go to - View past papers)

For any related question, please contact Mrs Ait-Brahim at:

Halima.Ait-Brahim@willows.cardiff.sch.uk

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

Our Valued Partners



Numeracy Terms and Question of Week 20, starting 10/02/2025:

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

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

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

Answer of the Week 20

Balancing Act

Faith is in charge of sending out boxes from a distribution centre. The contents of the boxes are identified by shapes stamped on them: a heart, a moon, or a sun. All boxes with the same stamp have the same mass, and the cost of sending a box depends on its mass. Faith has a balance scale and a few standard weights to help with the job. The following diagrams show what Faith observed when arranging some of the boxes and standard weights on the scales.

Find the mass of each box.

Solution:

From the diagrams we notice the following.

- One heart box has a mass of 2kg.
- One moon box and one sun box have a total mass of 24kg.
- One moon box and one sun box have the same total mass as one moon box two heart boxes.

From this, we can conclude that one moon box and two heart boxes have a total mass of 24kg. Also, two heart boxes have the same mass as one sun box.

Since one heart box has a mass of 2kg, then two heart boxes have a mass of 4kg. Therefore, one sun box has a mass of 4kg. This means $4\text{ kg} + (\text{mass of a moon box}) = 24\text{ kg}$. Since $4 + 20 = 24$, we can determine that one moon box must have a mass of 20kg.

Therefore:

- One heart box has a mass of 2kg.
- One sun box has a mass of 4kg.
- One moon box must have a mass of 20kg.

Numeracy Answer for week 20

Numeracy Question for week 21

Question of the Week 21

Breakfast Supplies

A carton of eggs costs £3:90 and a package of meat costs £7:10. If I went to the store and bought 2 cartons of eggs and 1 package of meat, how much change would I have left from £20:00?

Terms of the Week 21

2D Shapes – Quadrilaterals:

A quadrilateral is a 2D shape with four sides. There are six special quadrilaterals with different properties.

Square:
A square has four sides of equal length, it has four right angles (90°), the opposite sides are parallel, and the diagonals bisect each other at right angles.

Rectangle:
A rectangle has two pairs of equal sides, it has four right angles (90°), the opposite sides are parallel, and the diagonals bisect each other.

Parallelogram:
A parallelogram has two pairs of equal sides. It has two pairs of equal angles. The opposite sides are parallel. The diagonals bisect each other.

Rhombus: A rhombus has four sides of equal lengths. It has two pairs of equal angles. The opposite sides are parallel. The diagonals bisect each other at right angles.

Trapezium: A trapezium has one pair of parallel sides.

Kite:

- A kite has two pairs of equal sides.
- It has one pair of equal angles.
- The diagonals bisect at right angles.

Numeracy Terms for week 21

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 | Ziora | Asinobi | 11 | 11FA/Ma |
| 2 | Marwa | Elmi | 11 | 11FA/Ma |
| 3 | Kane | Williams | 10 | 10GO/Ma |

Year Group Leaderboards

| # | First Name | Surname | Year | Class |
|---|------------|----------|------|--------|
| 1 | Tobi | Adesina | 7 | 7DB/Ma |
| 2 | Amy | Warren | 7 | 7AT/Ma |
| 3 | Abdullah | Abubakar | 7 | 7DB/Ma |

| # | First Name | Surname | Year | Class |
|---|------------|-------------|------|--------|
| 1 | Demilade | Ayo-Onipede | 9 | 9HP/Ma |
| 2 | Dhruvraj | Rathore | 9 | 9HP/Ma |
| 3 | Sajet | Nasir | 9 | 9HP/Ma |

| # | First Name | Surname | Year | Class |
|---|------------|---------|------|--------|
| 1 | Boma | Oruene | 8 | 8MO/Ma |
| 2 | Yara | Magidub | 8 | 8BE/Ma |
| 3 | Veergun | Singh | 8 | 8SU/Ma |

| # | First Name | Surname | Year | Class |
|---|------------|----------|------|---------|
| 1 | Kane | Williams | 10 | 10GO/Ma |
| 2 | Noah | Roberts | 10 | 10CU/Ma |
| 3 | Seren | Davies | 10 | 10DA/Ma |

| # | First Name | Surname | Year | Class |
|---|------------|---------|------|---------|
| 1 | Ziora | Asinobi | 11 | 11FA/Ma |
| 2 | Marwa | Elmi | 11 | 11FA/Ma |
| 3 | Dominion | Adebote | 11 | 11MC/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

| Rank | Name | Maths Group |
|------|---------------------|-------------|
| 1 | Hussain Ali | 8NO/Ma |
| 2 | Grace Seager | 8SC/Ma |
| 3 | McKenzie Trebilcock | 8NO/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](#)

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.



Relay Your Way launch event in Cardiff (8th March)



There is a fun, free, family-friendly event coming up in March for Cerebra's new event called - **Relay Your Way**.

Relay Your Way is a 2500km relay from Glasgow to Windsor, which will wiggle its way across Britain for 33 days between **June 3rd to July 6th**. They will provide opportunities for young people with disabilities, raise awareness of the vital importance of play and sport in the lives of young people, as well as raising funds for two amazing charities - Cerebra and Panathlon - who, between them, work with over 100,000 young people each year.

They're hosting an event on **Saturday 8th March** at [Cardiff Pedal Power](#) in Bute Park, called **The BIG Reveal**. They'll showcase the new Relay Baton, host a mini cycling stage (2km and 5km options), free food and drink, music, prize games and more.

Here's a link to all the details - <https://www.eventbrite.co.uk/e/relay-your-way-the-big-reveal-tickets-1132547964449>

Our Valued Partners

cowshed



Cardiff and Vale Recovery & Wellbeing College

Cardiff and Vale Recovery & Wellbeing College

We provide free courses on a range of mental health and wellbeing topics for those with lived experience of mental health challenges, service users, carers and staff.

The courses we have on offer are co-produced by people with lived experiences of mental health challenges, including those who have used mental health services, as well as mental health practitioners. Our courses are accessible to all, and we invite those with mental health challenges, carers and staff to enrol.

If you would like to register as a student or log in to your account and enrol on our courses, please follow the link below.

<https://cardiffandvaleuhb.heiapply.com/portal/login>

If you have any queries or would like further information about the Recovery & Wellbeing College, please contact us on the details below.

✉ Cardiffandvale.Recoverycollege@wales.nhs.uk

☎ 02921 832619

🌐 www.cavuhb.nhs.wales/recovery-college/



If you feel worried or unsure about coming to the college to begin with, it may be because you feel you don't know enough about the college yet and need more information.

You may also be worried about talking in a group due to anxiety or loss of confidence. Or you might have concerns about being able to concentrate and fully participate in the course.

If you have any of these concerns, our trainers will be able to support you during the courses and have designed the courses to be suitable for people experiencing a range of difficulties

March Industry Night Events - Technology, Foundational Economy and Construction

Industry Evenings are designed to inspire young people to explore provisions and opportunities of industries in Cardiff. All Industry Nights are free of charge and do not require young people, parents/guardians to register.

Interested in the Construction Industry?

Come and join us at

Grangetown Construction Industry Night

Grange Pavilion, CF11 7LJ

Wednesday 19th March
6pm - 7pm

- Discover potential career and education pathways
- Play and engage with fun activities throughout the night
- Bring your friends and family for a fun evening!

The Cardiff Commitment
Funded by the Welsh Government and UK Government

Interested in the Technology Industry?

Come join us at

Ely Technology Industry Night

North Ely Youth Centre, Pethybridge Rd CF5 4DP

Tuesday 11th March
5:15pm - 7pm

- Discover potential career and education pathways
- Play and engage with fun activities throughout the night
- Bring your friends and family for a fun evening!

The Cardiff Commitment
Funded by the Welsh Government and UK Government

Interested in the Foundational Economy Industry?

Come join us at

Gabalfa Foundational Economy Industry Night

Gabalfa Youth & Community Centre, CF14 2QQ

Wednesday 12th March
6pm - 7pm

- Discover potential career and education pathways
- Play and engage with fun activities throughout the night
- Bring your friends and family for a fun evening!

Foundational Economy includes: Hospitality, Retail, Health Care, Public Services and much more!

The Cardiff Commitment
Funded by the Welsh Government and UK Government

Our Valued Partners



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 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 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

Splott Community Volunteers

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



No fit state Community

FREE **no fit state community**
Community Space

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

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

Every Tuesday
12:00 - 17:00 | All drop-in

- 12:00 - 13:00 Free Lunch
- 12:00 - 17:00 Studio space open with hosts & volunteers, families + individuals welcome
- 15:30 - 17:00 Children's art session with Angharad + supported by Playworkers Seven in the Community (8+)
- 16:00 - 17:00 Family circus

no fit state.org Charity No. 1100556 Company No. 0180348 02920 221 330

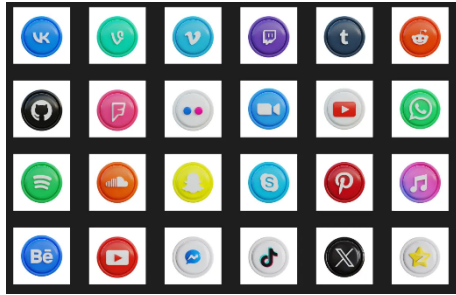
A community creative space for people from Tremorfa, Adamsdown, Splott, refugees/asylum seekers, people in supported housing and from the traveller communities

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

Open Education **Adult Learning**



TALKING TEENS

Talking Teens from Family Links acknowledges that the teenage years can be challenging both for parents and teenagers themselves. Talking Teens encourages an approach to relationships that supports young people to develop good emotional and mental health as they move towards adulthood and provide the basis for a calmer, happier family life. Talking Teens builds on the Parent Nurturing Programme. Talking Teens introduces a weekly theme, including some background and theory, provides opportunity to parents to discuss and share experiences linked to the themes, and brings in some practical strategies to use at home.



Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously. *-Article 12, UNCRC*

Cardiff Parenting are offering Talking Teens for families living in Cardiff




Over the 4 week course you will look at topics including:

- What teenagers need from parents & what parents need from teenagers.
- Recognising the feelings behind behaviours (ours and theirs).
- Understanding the teenage brain.
- Talking about difficult issues such as: drugs & alcohol, social media, sex.
- Finding ways to develop co-operation.
- The importance of communication.

Starting on: **Tuesday 4th March 2025**
At: **9.30am**
In: **Willows High School, Willows Avenue, Tremorfa, Cardiff CF24 2YE**

Contact us to book your place!

For further information please contact Rachel – 07813458137

If you would like to attend the 'Talking Teens course please click on the link below.

<https://forms.office.com/e/4F2KRu4upE>

Willows Pantry

We are working with the MCKS Charitable Foundation UK to reduce the instances of food poverty in our area. We are provided with a donation on a fortnightly basis which can then be distributed amongst our community.

There is no need to access the school through the Main Reception, if you'd like to engage with this service, go straight to the Learning Lounge on a Monday between 10am - 1pm, if you would like to use the pantry at any other time, please email Karen Hunt who will be happy to help

Karen.hunt@willows.cardiff.sch.uk




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

Citizens Advice



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

Our Valued Partners



Wellbeing in school

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

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

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

Pupils

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

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

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

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

Parents and Families

We want to help you as best we can and there is a lot of support out there for parents and families. Please contact the school using karen.hunt@willows.cardiff.sch.uk or by phone using 07733889062 if you need any information on who you can turn to. Your child's Head of Year and the Welfare Team can also help. Please do not suffer alone. Reach out to us.

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

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

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

Receive up to £160 in vouchers

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

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

NHS Wobson Centre Cardiff CMAI

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VOCO

St. David's
Cardiff

B B C



ARUP Taylor Wimpey



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):

ChatHealth CIG NIS

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

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

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

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually advise to you first. Your messages and email content can be seen by other teachers and staff who follow the same confidentiality rules. We will do our best to keep your messages safe and you should get an immediate response back to you. We will not pass on your messages to other staff or other schools without your consent. If you need help before you have had a chance to contact a member of our staff or your doctor, our helpline number should be helpful. Please call 0800 111 111 for more information. We support messages from UK mobile numbers only and our helpline number is not available in other countries. Please do not use our helpline for any other purpose. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Cardiff Foodbank

Willows High School is a partner agency for Cardiff Foodbank.

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

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Period Dignity

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

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

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

All Year 8 pupils 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

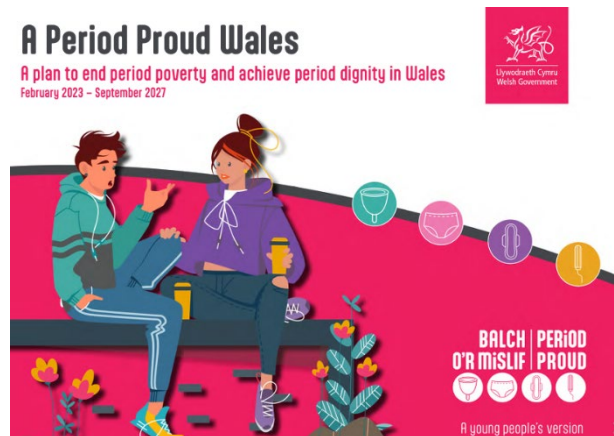
Cardiff Youth Service can support young people on a variety of topics such as emotional health, housing, finance and help lines. More information can be found on their website:

<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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Cardiff



ARUP | Taylor Wimpey

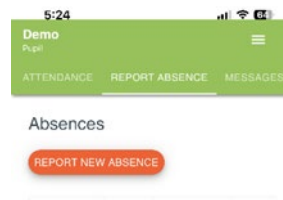


Diolch

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.

Recently, there has been an increase in family members arriving at the school to collect their children early, without letting us know in advance.

To ensure all of our pupils are safeguarded, we will not be able to release a pupil from our care until 3.10pm unless we are notified of a necessary appointment in advance. These can be communicated through the Report Absence tab on the Classcharts Parent app. Instructions on how to do this can be found in this Newsletter. We are grateful for your understanding and would appreciate your cooperation with this



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

Our Valued Partners





Splitting the £1.00

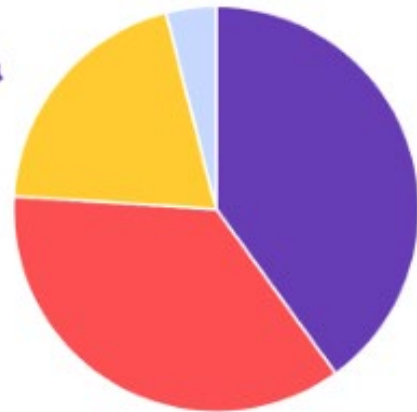
How it works...

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

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

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

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



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

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



[Buy A Ticket](#)

GambleAware

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The Willows Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---|--|---|--|--|
| Meal of the day £3.40 | Butternut squash, courgette, feta and basil pasta Focaccia garlic bread Pomegranate salad pot | Halal chicken sausage with vegetable mash and gravy | Oven baked lemon chicken Herb roasted new potatoes and Mediterranean vegetables Alt: Rice | Jerk chicken with Mediterranean vegetable rice and peas | Fish, chips and beans Salmon fishcake Alt: ½ Jacket potato |
| Vegetarian option | Butternut squash, courgette, feta and basil pasta Garlic bread | Vegetarian sausage bake with vegetable mash and gravy | Vegan meat balls with lemon cream sauce | Asian influenced lentil and chickpea dhal with pitta bread | Pitta kebab with mint yogurt |
| Salad of the day | Pomegranate salad | Salad of the day | Salad of the day | Salad of the day | Salad of the day |
| Dessert | Toffee and banana sponge with custard | Vanilla cheesecake | Orange jelly fruit pot | Brownie | Apple and berry crumble |
| Hot snack | Cheeseburger (£1.75) | Southern fried chicken burger (£2.75) | Calzone (£1.75) | Hotdog (£2.60) | Pitta kebab with mint yogurt (£2.50) |
| Hot wrap | Cheese burrito (£3.00) | Reggae Reggae chicken (£3.00) | Garlic mayo chicken (£3.00) | Nandos chicken (£3.00) | Sweet chilli Chicken (£3.00) |
| Everyday snack | Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80) | Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80) | Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80) | Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80) | Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80) |

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BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN LEWIS & PARTNERS

STOWE
FAMILY LAW

Taylor Wimpey