



WILLOWS
HIGH SCHOOL



Use Google Translate
to change to your preferred
language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 14.03.2025

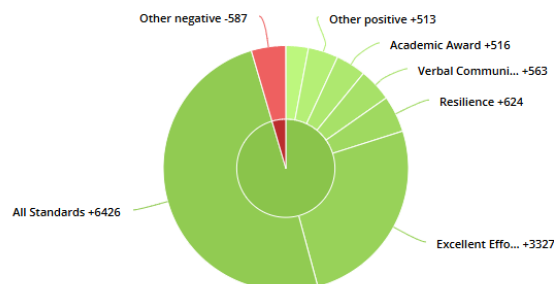
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Helo!

Belong, Believe, Achieve:

This week our Year 11 pupils have had their final school photographs taken, the School Council met with members of the Local Authority to discuss the interior design of the new school and Capital Law have visited the school to give a careers presentation to our Year 9 pupils.

Willows High School Conduct Overview

10/03/2025 - 14/03/2025



Merits: 10.03.2025-14.03.2025.

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	3226	7Socrates	Onyi Asinobi
Year 8	2328	8Mozart	Sharon Olukayode
Year 9	2280	9Matisse	Hadley Davies
Year 10	2750	10Josephson	Afaaq Sharieff
Year 11	1767	11Radcliffe	Salma Zakir

Dates for your Diary:

17th March – Year 7 Engineering Project
 20th March – Year 8 Author Visit
 20th March – Year 9 Options/Parents' Evening (at school)
 20th March – Year 8 MMR Vaccination
 21st March Year 11- Coffee Morning (Prom Fundraising)
 29th March – Car Boot Sale
 31st March – INSET Day
 7th April – Year 8 Digital Planetarium
 8th April – Year 8, 9 & 10 Awards Assemblies
 8th April – International Romani Day Celebration
 9th April – Hijab and Samosa Workshops
 10th April – Nigerian Coffee Morning
 10th April – Years 7 & 11 Awards Assemblies
 10th April – Eid Women's Night
 11th April – Cultural Heritage Day



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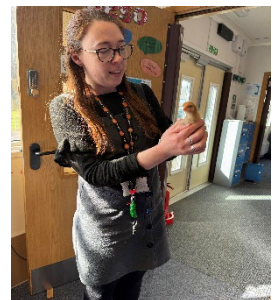
Taylor Wimpey



School News:

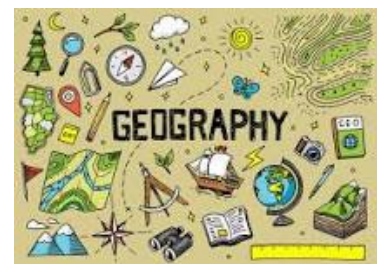
Special Resource Base

The Special Resource Base had the wonderful opportunity to care for newly hatched chicks this week. The children learned valuable skills by providing the chicks with regular food and water while ensuring they stayed warm under a heat lamp. They also had the exciting chance to hold the chicks, which was a memorable experience. This hands-on opportunity has been incredibly beneficial, teaching the children the importance of responsibility and care when looking after living creatures.



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.



International Women's Day:



As part of our International Women's Day celebrations, we were delighted to welcome 'Into Film' to school for a presentation from Sally El Hossaini, a Welsh / Egyptian film maker. She spoke about her career and her battles to get her voice heard in the competitive industry. She discussed her latest Netflix film, 'The Swimmers' and how it was produced.

Our Year 10 girls, along with pupils from other schools, had the opportunities to ask questions and many left feeling inspired. Our Year 9 girls also completed a survey for the 'Girl Guiding' Association to ensure their views were heard on positive role models for teenagers.

We are committed to ensuring that all members of our school community are informed of the importance of equality in order to be ethically, informed citizens.

Year 9 Charity Fundraiser:

We are incredibly proud of two of our Y9 pupils Sajel Nasir and Amelia Leonard who have recently raised over £560 for the British Heart Foundation by creating and selling St. Dynwen's and Valentine's Day cards.

The girls also organised a bake sale and were helped by their friends to sell these at break time. We are very proud of the girls for their initiative and enterprising attitude.



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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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
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 Nine
Welsh	Phonetic	English
Rydw i'n byw yn ...	Rud-oo een biw un...	Who are you?
Sblot	S-blot	Splott
Y Rhath	Err Rh-arth	Roath
Tremorfa	Treh-mor-va	Tremorfa
Waunadda	Wine- ah-dd-ah	Adamsdown

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Extended Language Patterns This week, we will look at

<u>Sut-mae'r-tywydd?</u>	<u>sit-my'r-tuh-with?</u>	<u>How-is-the-weather?</u>
<u>Mae-hi'n-braf</u>	<u>My-heen-brav</u>	<u>It-is-nice</u>
<u>Mae-hi'n-ddiflas</u>	<u>My-heen-ddiv-lass</u>	<u>It's-miserable</u>

<u>Mae-hi'n-bwrw-glaw</u>	<u>My-heen-boo-roo-glahw</u>	<u>It's-raining</u>
<u>Mae-hi'n-wyntog</u>	<u>My-heen-win-tog</u>	<u>It-is-windy</u>
<u>Mae-hi'n-oer</u>	<u>My-heen-oyr</u>	<u>It's-cold</u>
<u>Mae-hi'n-boeth</u>	<u>My-heen-boy-th</u>	<u>It's-hot</u>
<u>Mae-hi'n-heulog</u>	<u>My-heen-hey-log</u>	<u>It-is-sunny</u>
<u>Mae-hi'n-grasboeth</u>	<u>My-heen-grass-boy-th</u>	<u>It-is-boiling-hot</u>
<u>Mae-hi'n-gymylog</u>	<u>My-heen-gum-ul-og</u>	<u>It-is-cloudy</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 Chips 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 panini £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 Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80 Yogurt £0.90 / Fruit £0.50	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	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	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	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

The Catering Team have developed a new canteen menu for this term. We are grateful for the input from our pupils in the development of the new dishes and welcome any feedback.

Facilities to hire after school



groups are run.

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

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



Online support for young people

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!

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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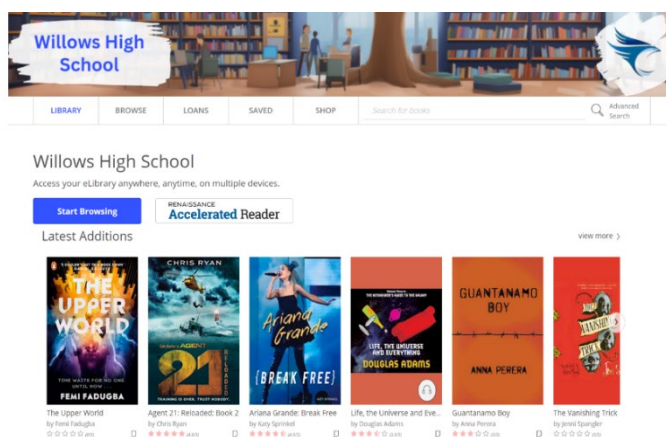
E Platform Learning

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

Download on the App Store

GET IT ON Google Play

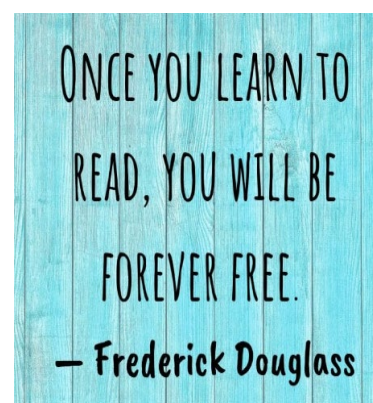
SCAN TO LAUNCH APP

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. 7WO – Grace Charles
2. 8BE – Safa Mahmoud
3. 9MA – Isham Candra
4. 9HP – Causson Sila



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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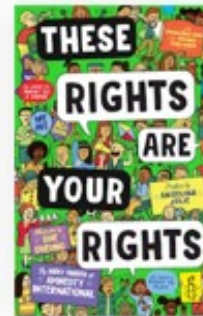

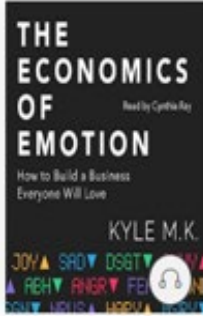






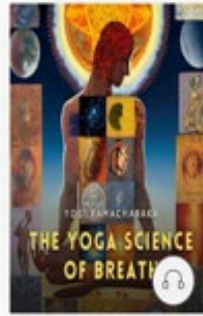

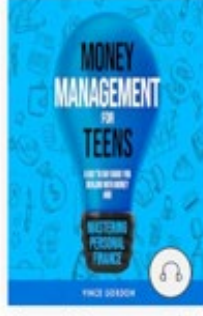

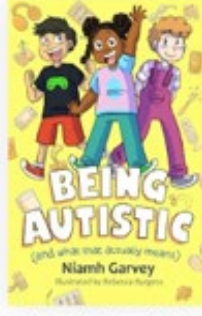
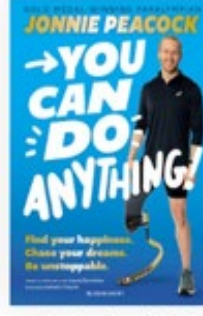



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New Releases on E-Platform.

 <p>Percy Jackson and the ... by Rick Riordan ★★★★☆ (3.5/5)</p>	 <p>Lola Reyes is So Not Wo... by Cindy L. Rodriguez ★★★★☆ (3.5/5)</p>	 <p>Cobweb by Michael Morpurgo ★★★★☆ (3.5/5)</p>	 <p>Making Plans That Stick... by Josh Brazier ★★★★☆ (3.5/5)</p>	 <p>These Rights are Your R... by Amnesty International ★★★★☆ (3.5/5)</p>
 <p>Small Acts by Kate Gordon ★★★★☆ (3.5/5)</p>	 <p>The Economics of Emoti... by M.K., Kyle ★★★★☆ (3.5/5)</p>	 <p>By Chance Alone: The Y... by Max Eisen ★★★★☆ (3.5/5)</p>	 <p>Seriously HAPPY: 10 life... by Aldridge, Ben ★★★★☆ (3.5/5)</p>	 <p>Sleep Better to Thrive: ... by FRCP, Dr Sui H. Wong MD ★★★★☆ (3.5/5)</p>
 <p>Such Charming Liars by McManus, Karen M. ★★★★☆ (3.5/5)</p>	 <p>The Grandest Game by Jennifer Lynn Barnes ★★★★☆ (4.1/5)</p>	 <p>Such Charming Liars: T... by Karen M. McManus ★★★★☆ (4.4/5)</p>	 <p>The Yoga Science of Bre... by Ramacharaka, Yogi ★★★★☆ (3.5/5)</p>	 <p>Fantastically Great Wo... by Pankhurst, Kate ★★★★☆ (4.3/5)</p>
 <p>Money Management fo... by Gordon, Vince ★★★★☆ (3.5/5)</p>	 <p>The Wrong Shoes: The v... by Percival, Tom ★★★★☆ (3.8/5)</p>	 <p>Being Autistic (And Wha... by Niamh Garvey ★★★★☆ (3.2/5)</p>	 <p>You Can Do Anything: F... by Jonnie Peacock ★★★★☆ (3.5/5)</p>	 <p>The Fridge Has Somethi... by John Wood ★★★★☆ (4.3/5)</p>

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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 Advice & Support drop-in session on Thursday 27th March 11am -1pm

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!!

A colorful poster for Employment & Training Advice & Support sessions. The poster is divided into two main sections for workshops on Thursday 13th March and Thursday 27th March. It includes details about the sessions, the location (Willows High School), and the contact information for the support team. The poster also features logos for various partners and sponsors.

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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.

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!

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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SafeCall



SafeCall, a confidential and non-judgemental support service, is hosting two online sessions in the next upcoming weeks to support those affected by criminal exploitation and County Lines, including young people who are currently missing.

The sessions are scheduled for the following dates and times:

- Tuesday, March 18th, from 6pm to 7pm
- Thursday, March 20th, from 1pm to 2pm

It will cover a range of important topics, including:

- What child criminal exploitation and County Lines mean
- Signs and indicators of exploitation
- Emotions and practical problems caused by exploitation
- What support parents and carers have told us they need
- Information about SafeCall, how it can support parents, carers, families, and young people, and how to access the service
- An introduction to Missing People's Counselling Service

To protect confidentiality, the session will not be interactive. Participants will not be asked any questions during the webinar and will not be expected to take part in any discussions or share any information about themselves or their experiences.

Parents and carers can book their space here - [SafeCall Parents and Carers Webinars - Missing People](#).

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 \(nhs.wales\)](#)

Measles

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

If you remain unsure, other options include:

- Contacting the Local Child Health Team on 02921 836926 or 02921 836929.
- Contacting your GP Practice, avoiding peak times such as early mornings where possible.

Options for MMR vaccination include:

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

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

GIG NHS
 Cardiff and Vale Community Health Board
 Mae Brechu yn achub bywydau
Vaccination saves lives

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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=uChWuyjgkCoVkM8ntyProwc0tRo7SI_FodPD07y1M5RUOTEyTEdKT0ozOERWSEVXSU1aNTdIREo2NS4u



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 March 2025)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Jessica O'Connell

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

Year 7 winners: Faya Crofts, Sama Shbib

Year 8 winners: Lexi Stickler, Ajay Adams, Tyrzha Wortley-Shvartz.

Year 9 winners: Eliza Doubler, Michael Ifeajika.

Year 10 winners: George White, Ameera Ashik

Year 11 winners: Cooper Wesley-Thomas, Ruby Stanbury.

Attend Like a Champion!

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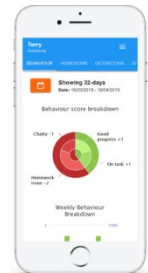
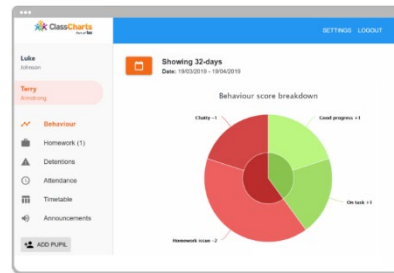
Class Charts

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.



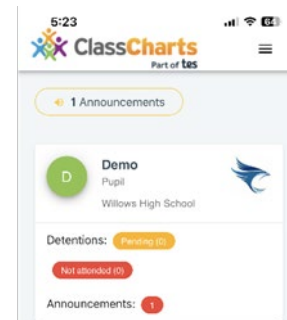
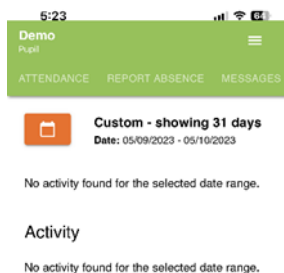
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

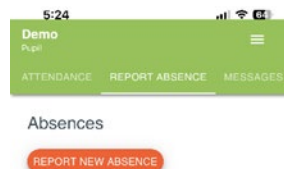
Please let your child's Head of Year know if you need a login code.

How to report an absence on Class Charts

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

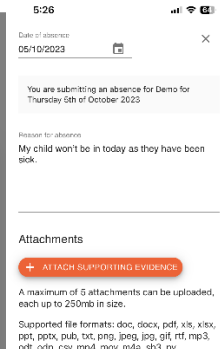
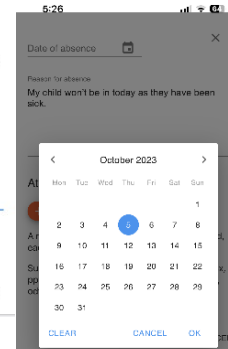
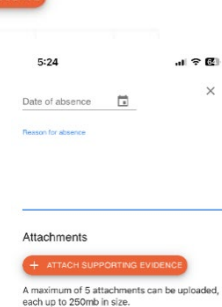


2. Scroll across the green band at the top and click 'report absence'.



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!

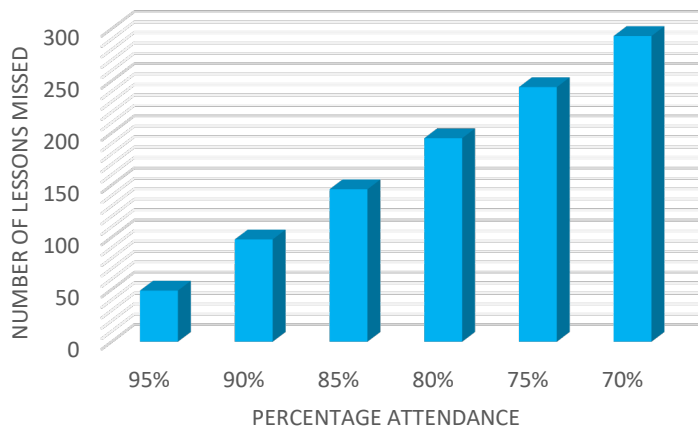
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

Our Valued Partners

Important information about attendance to school

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

Number of lessons Missed



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

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

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

The chart above shows how quickly the number of lessons your child misses

increases as their attendance drops.

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

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

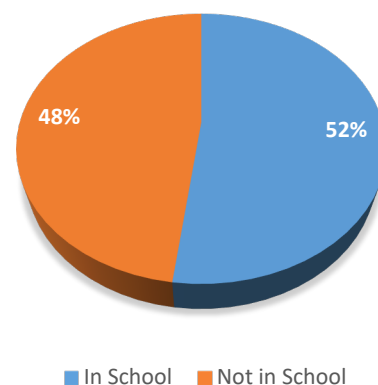
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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

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

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

Days in School / Not in School



■ In School ■ Not in School

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Important Information for All Parents and Guardians

Please be aware that **Fixed Penalty Notices** are now being issued by Cardiff Council again.

If your child has more than 5 days of unauthorised absence since September 2022 or takes an unauthorised holiday, then you are at risk of a Fixed Penalty Notice Fine being issued.

Fines are **£60** at first, then rising to **£120** - if the fine is still not paid then you will be summoned to court and the fine and costs will rise again. **Please note these fines do not go away.** Please make sure to read any correspondence carefully.

To avoid being fined, please ensure that your child attends school every day - if there is a valid reason for absence, please contact the Attendance Team giving evidence where possible.



Lateness to School: Fixed Penalty Notices

Fixed Penalty Notices are already being requested for **poor attendance** and for **term-time holidays**.



After the Easter holidays we will be looking to request Fixed Penalty Notice fines for **lateness to school**. We ask that you speak to your child and discuss the importance of **arriving at school on-time for 9:00am line-up every day**. Your child is missing hours of education if they are consistently late to school.

If your child is regularly late to school then a request for a Fixed Penalty Notice fine will be actioned to the Education Welfare Service. The fine for this is £60, rising to £120, leading to a court summons & increased fines imposed. We **do not** want to have to request this – we would much rather your child be in school on time.

If your child is late to school because of an appointment then please provide evidence to the Attendance Team in the form of an appointment card or letter, etc.

Please help your child to arrive at school in good time. The main gates close at 9am – after this time your child is considered to be late and will need to sign in through Late Gates in the Learning Lounge, and then main reception.

Thank you for your support in this matter.

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

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Uniform Reminder to Parents

Unfortunately, we are seeing a rise in the number of pupils who are attending school wearing the incorrect uniform, especially on days when they have P.E.

We would appreciate the support of families to ensure that pupils come to school appropriately dressed. On the right is the information in our Parent Handbook which sets out clearly the expectation for our pupils at Willows.

We have uniform for a reason, it is to act as a leveller for pupils. Everyone wears the same, so no-one can feel disadvantaged by those who might want to come into school wearing the latest brands and expensive labels. It is also there to ensure that the clothes that are worn are appropriate to the age of your child, not too revealing and suitable for walking around in throughout the day.

Pupils will be sent home to change if they are wearing inappropriate clothing, this will be the school's decision.

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

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

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

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

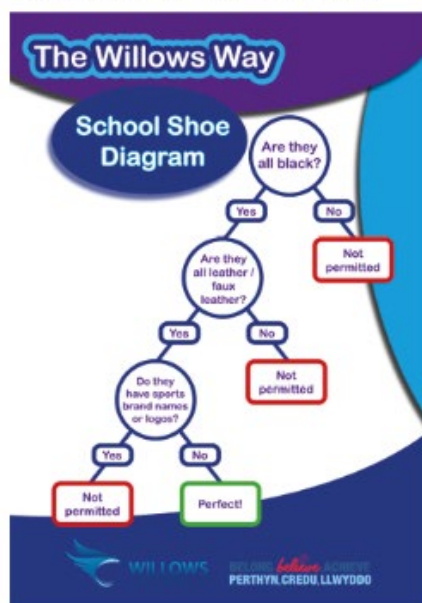
If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer.

P.E. Kit:

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

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

Acceptable shoes flow diagram:



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/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.

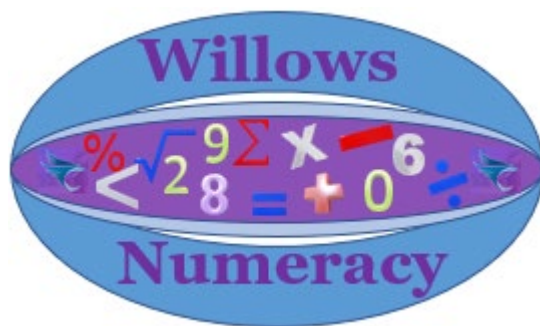


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Mathematics Department

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

 WILLOWS HIGH SCHOOL BELONG, <i>believe</i> , ACHIEVE PERTHYN, CREDU, LLWYDDO Willows Mathematics After School		
Day	Activity	Room/Teacher
Tuesday	Y7, Y8 & Y9	G14 - Miss Santos
Tuesday	KS4	G15
Week 1 Only	Intermediate	Miss Wrennall
Tuesday	KS4	G17
Week 2 Only	Higher	Mrs Ait-Brahim
Wednesday	KS4	G19
Week 1 Only	Intermediate	Miss Koncar
Wednesday	Fun Maths (Chess club)	G20
Week 1 Only		Miss Higgins

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Numeracy Terms and Question of Week 24, starting 10/03/2025:

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 23

Snow Days:

Daniella monitored the amount of snowfall each day, Monday through Sunday, for four weeks. Here is what she recorded:

- The first week it snowed 5 mm each day.
- The second week snow only fell on two days: 8 cm of snow fell on Tuesday and 2 cm of snow fell on Friday.
- It did not snow the third week at all.

A total of half a metre of snow fell during the last week.
What was the total amount of snowfall over the four weeks?



Solution:

We should have all the measurements with the same unit.
Let's consider all of the snowfall amounts in centimetres.
The first week it snowed $7 \times 5 = 35$ mm in total. This is equal to 3.5 cm.
The second week it snowed a total of $8 + 2 = 10$ cm.
Since 0.5 m is equal to 50 cm, that is how much it snowed during the fourth week.

Therefore, the total snowfall for the four weeks was $3.5 + 10 + 50 = 63.5$ cm.

Alternatively, we could calculate the amounts in millimetres.
In the second week, it snowed a total of $10 \times 8 = 80$ mm and $10 \times 2 = 20$ mm, for a total of $80 + 20 = 100$ mm. Since 1 m is equal to 1000 mm, then in the last week it snowed half of 1000 mm, or 500 mm.

Therefore, the total amount of snowfall for the four weeks was $35 + 100 + 500 = 635$ mm, which is equal to 63.5 cm.


Numeracy Answer for week 23

Numeracy Question for week 24

Numeracy Question of Week 24

Saving Up for a Bicycle:

Richard earns £8 each week by walking the neighbour's dog. Starting in the second week, Richard earns an extra £3 by helping maintain the community garden every other week. He is saving all of his earnings for a bicycle, which costs £157. He will also need a helmet which costs £24, a bike horn which costs £16, and a bike light which costs £9. All prices include taxes. Richard keeps track of the money he has earned.



(a) How much money will Richard have saved after 8 weeks?
(b) How much money will Richard have saved after 15 weeks?
(c) How long will it take him to save enough money to buy the bike and its accessories?

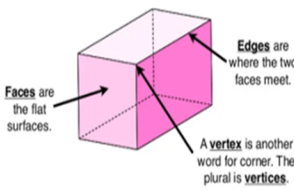
Numeracy Terms of the Week 24

Properties of 3D shapes – Part 2:

3D shapes have faces (sides), edges and vertices (corners).

Faces:

A face is a flat or curved surface on a 3D shape. For example: a cube has six faces, a cylinder has three and a sphere has just one.



Edges:

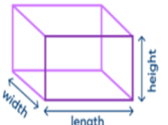
An edge is where two faces meet. For example: a cube has 12 edges, a cylinder has two and a sphere has none.

Vertices:

A vertex is a corner where edges meet. The plural is vertices. For example: a cube has eight vertices, a cone has one vertex and a sphere has none.

3D Shapes Dimensions:

3D shapes have three dimensions - length, width and depth.



Numeracy Terms for week 24

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	Brian	Jaiyeola	9	9HP/Ma
2	Vivian	Ojo	11	11FA/Ma
3	Joseph	Adimike	11	11FA/Ma

Year Group Leaderboards

#	First Name	Surname	Year	Class
1	Manasik	Adem	7	7CA/Ma
2	Emmanuel	Ogedengbe	7	7PL/Ma
3	Mandra	Jayaweera	7	7SO/Ma

#	First Name	Surname	Year	Class
1	Brian	Jaiyeola	9	9HP/Ma
2	Jack Rhys	Drewen	9	9HP/Ma
3	Tiago	Batista	9	9HP/Ma

#	First Name	Surname	Year	Class
1	Vivian	Ojo	11	11FA/Ma
2	Joseph	Adimike	11	11FA/Ma
3	Jaishri	Gopinath	11	11MC/Ma

#	First Name	Surname	Year	Class
1	Nisa	Noor	8	8SC/Ma
2	Kevin	Prasanth	8	8SC/Ma
3	Hope	Ramonogana	8	8SC/Ma

#	First Name	Surname	Year	Class
1	Kane	Williams	10	10GO/Ma
2	Semon	Khanal	10	10JO/Ma
3	Gina	Kong	10	10CU/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	Ellexus Mantle-Williams	8HT/Ma
2	Aria Demille	8HT/Ma
3	Mickey Pesticcio	8HT/Ma

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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.



Free Bike Fix Session

Please see below and attached information about Free Bike Fix Sessions for Children and Young people.

The sessions will be starting this Saturday 8th March at Railway Gardens and will run roughly every 2 weeks until May 31st.

The idea behind this is to encourage more young people to cycle by overcoming a common barrier they may face which is usually the cost to fix a bike. This will be a chance for people to turn up with their bikes

and with help from a mechanic be able to fix simple issues to get their bike working again. This will all be free and they will have access to tools and any small parts that need replacing such as cables.

This is being held as a pilot for only 3 months, however if there is enough interest we would like to extend it or make it a permanent fixture. In order for this to happen we would ask people attending to fill in a quick survey to record if this is beneficial to them and their community.

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Car Boot Sale

Book a space for our Car Boot Sale on the 29th March 10am-1pm!

All proceeds will go towards our Year 11 Prom fund.

There is a charge of £10, have a declutter and make some money!!

If you would like to book a space, please email Karen Hunt.

Karen.hunt@willows.cardiff.sch.uk

Spaces will go quick, make sure you don't miss out!



Year 11 Coffee Morning Prom Fundraising Event.



We would like to invite our Year 11 Parents to our Fundraising Coffee Morning on the 21st March.

There will be a bake sale and raffle draw (cash only).

You will also have a chance to view our amazing prom shop!!
All proceeds will go towards our Year 11 prom.

We will discuss opportunities for your child to have their hair& make up etc to learn more please come along

!

Help us give our Year 11's a prom they will remember!

International Roma Day Celebration

We will be hosting an International Romani Day Celebration on the 8th April, we will come together and celebrate Roma Culture with live music, dancing and food.

Tickets will be on sale now, please contact Ivana Pribanova if you have any questions – ivana@willows.cardiff.sch.uk



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LEWIS
& PARTNERS





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.

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SCREEN ALLIANCE WALES

Civil Service

VOCO

St. David's Cardiff

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CANOLFAN MILLENIWM CYMRU WALES MILLENNIUM CENTRE

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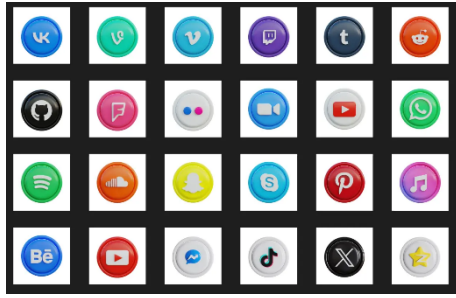
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JOHN LEWIS & PARTNERS

S STOWE FAMILY LAW

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.

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Learning Lounge & Families

Adult Learning in the Learning Lounge



ACREDITED COURSE

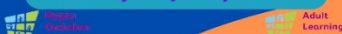
WOULD YOU LIKE TO UNDERSTAND HOW A CHILD'S BRAIN DEVELOPS AND HOW THIS CAN EFFECT THEIR EDUCATION?


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





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 Nurture 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.

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 behaviour (ours and theirs)
- Understanding the teenage brain
- Talking about difficult issues such as: drugs & alcohol, social media use
- Finding ways to develop co-operation
- The importance of communication

Starting on:
Tuesday 4th March 2025
At: 9.30am
By:
Willows High School,
Willows Avenue,
Treanor,
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



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

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JOHN LEWIS
& 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

If your child is unwell at school

If your child becomes unwell at school, we will contact you if necessary. We request that you ask your child to not contact home requesting for parents to collect them. Pupils should follow the correct procedure by telling a member of staff, the situation will be assessed and contact home will be made if required. Pupils will not be allowed to leave the school site without being accompanied by a responsible adult.

Parent Governors

We currently have vacancies for parents to join our Governing Body to play their part in continuing to make Willows High School better and better. If it's something you are interested in, please contact the school using contact@willows.cardiff.sch.uk.



Our Valued Partners

Support

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

Willow's Cardiff
Cardiff Willows
07720 145111

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.

Allergies

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

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

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

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

THE 14 FOOD ALLERGENS

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

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SCREEN ALLIANCE WALES

Civil Service

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ARUP Taylor Wimpey

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JOHN LEWIS & PARTNERS

STOWE
PROPERTY LAW

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

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

- BULLYING
- SMOKING
- EMOTIONAL WELLBEING
- FEELING SAD OR ANGRY
- 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 are concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other health professionals who follow the same confidentiality rules. We are happy to help you with any medical problem and you should get an immediate response back to ensure we resolved your issue. Text will not be sent outside of normal working hours. If you need help before you have text, please contact a member of school staff or your doctor. Our text number does not monitor your calls or texts and we do not monitor the content of your messages. The support is available to all young people who text. We do not exclude messages sent from landlines, international mobile numbers and some number mapping mobile apps. Forward the school nurse from sending messages to you by texting 528 to our number. Please respect your school's mobile phone policy. Texts 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.

Splo-down



[Splo-down](http://splo-down.org) 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

Our Valued Partners

Period Dignity

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

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

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

All Year 8 pupils received a 'Period Dignity' workshop from qualified advisors from Brook.

We would like to hear your views on improving period provision. We have implemented many of your ideas from our last survey and value your opinions. The link to the Parent Questionnaire is here:

<https://forms.office.com/e/RBkJKgA1Z>

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.

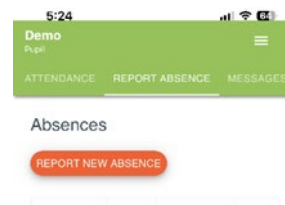
Our Valued Partners

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

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SUPPORT OUR LOTTERY TODAY

**£1 per
week**

**Weekly
cash prizes**

**£25,000
jackpot**



**YOUR
SCHOOL
LOTTERY**



Splitting the £1.00

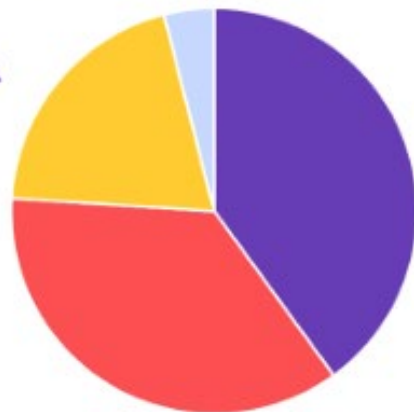
How it works...

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

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

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

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



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

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



Buy A Ticket

GambleAware



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The Willows Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal of the day £3.40	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 Chips 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 panini £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	Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80	Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80	Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80	Sandwiches £2.40 / £2.75 Cold wrap £3.00 Chicken Caesar Salad £2.80
	Yogurt £0.90 / Fruit £0.50	Yogurt £0.90 / Fruit £0.50	Yogurt £0.90 / Fruit £0.50	Yogurt £0.90 / Fruit £0.50	Yogurt £0.90 / Fruit £0.50

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