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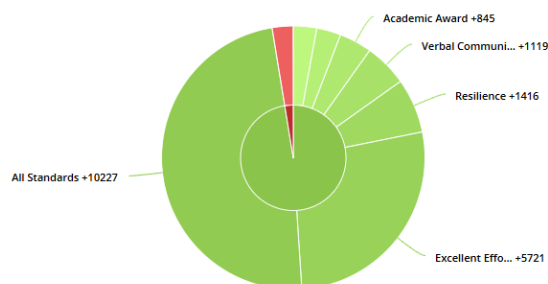
Weekly Newsletter – 19.09.2025

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

Belong, Believe, Achieve:

This week our pupils have been volunteering with Splott Community Volunteers, visiting the roof of the new school building and listening to assemblies delivered by our Attendance Ambassadors. Thank you to Ms. Short and Ms. Whitney for supporting them throughout the week. Our extra-curricular academic and sporting timetables can be found at the end of this newsletter.

Willows High School Conduct Overview
15/09/2025 - 19/09/2025



Merits: 15.09.2025-19.09.2025.

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	5318	7Farrah	Harri Williams
Year 8	4089	8Cavendish	Philton Balo
Year 9	4352	9Mozart	Aaliyah-Rose Tanetta
Year 10	3070	10Matisse	Luca Sullivan
Year 11	3736	11Curie	Kane Williams

Dates for your Diary:

23rd September – Year 7 Parents Coffee Morning
 26th September – Sudanese Cultural Breakfast
 2nd October – Year 7 Parents' Evening
 9th October – Awards Evening
 23rd October – African Culture Evening
 24th October – INSET Day
 25th October – 2nd November – Half Term Break
 19th November – International Mens' Day Event
 20th November – Year 11 Parents' Evening



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School News:

Enrichment

The First Enrichment of the Year – A Brilliant Start!

The new school year at Willows High kicked off with an incredible Enrichment session, packed full of exciting and diverse activities! Pupils had the chance to dive into everything from rock climbing preparation, glass painting, gully cricket, pool, streetball, make-up and beauty, abstract art, jewellery making, self-defence, swimming, Spanish, gym fitness, henna tattoos and so much more.

This fantastic opportunity gives students the chance to explore new interests, build self-confidence, make new friends, and develop valuable life skills. Whether they are expressing creativity through art, learning a new language, or building physical strength and resilience, every activity is designed to inspire and empower.

Enrichment at Willows High isn't just fun—it's a powerful way to prepare pupils for the future, helping them grow into confident, capable individuals ready to take on the world.



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Attendance Ambassadors Assembly



The Willows Attendance Ambassadors presented a fantastic assembly this week.

They covered many topics surrounding the importance of arriving to school on time and the benefits of "Good Attendance".

Simona Dinu from EWS was very impressed and full of praise for the Ambassadors especially their enthusiastic presentation!

Year 7 Coffee Morning.

We would like to invite you to our Year 7 Parents Coffee morning, this will be a lovely opportunity to speak to Miss Watkins (Head of Year 7) have a cuppa with a pastry and get to know other parents.

Morgan Sindall will also be present to discuss any questions you may have regarding the build of our new school.

We hope you can join us, we'd love to see you there!

If you would like attend can we please ask you to click on the link below.

<https://forms.office.com/e/mCmNHae2Wt>



Duke of Edinburgh

This week we have launched our expanded Duke of Edinburgh programme. A group of Year 9s took part in their introductory session with Miss Wrennall and Mr Smith, whilst we also had a new group from our SRB embarking on the volunteering aspect of the programme. This represents a highly valuable experience for all involved, keep a look out as they progress across the year!



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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.



Congratulations to our Adult Learners!

As part of Adult Learners Week this year, Cardiff Council Adult Learning hosted a Learner Recognition Ceremony.



The ceremony took place in Central Hub on Friday 12th September, and the aim was to celebrate and recognise outstanding learners, whether they have overcome complex barriers to achieve their goals, or have shown a real passion during their learning journey, the ceremony was to celebrate their achievements.

Our parents who attended the Child Psychology Level 2 were nominated as they worked very well within a group and were incredibly supportive with each other, it was a privilege to experience the bond they created and what they achieved as it was a difficult course, we are extremely proud of them, Well done!!!

New build Topping Out ceremony



On Wednesday, our pupils attended the Topping Out ceremony at the new Willows High building. This is a traditional ceremony that takes place when the building becomes water tight. Firstly, they donned the necessary safety equipment: hard hat, safety glasses, high-viz vest and boots then they climbed to the roof of the building where they listened to speeches by Mr. Norman, Sarah Merry (Cardiff Council Cabinet Member for Education), Huw Thomas (Leader of Cardiff Council) and Rob Williams (Area Director of Morgan Sindall). They were then presented with a tree which will be planted somewhere on the site. This was all topped by some fantastic cakes when they returned to the Site Office,



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New build

Every week sees us getting closer and closer to moving into the new school.

You can see regular photo updates on our website:

www.willowshighschool.wales



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Football News



Our talented Year 8 boys football team put in a dominated display away at Cardiff West, winning 6:2. Goals from Harrison RG, Josh M and Ayomide in a very wet and windy match secured the victory. A huge match awaits this lot next week against Llanishen in the Welsh Schools Cup. Thank you to Mr Gill and Mr. McLean for whipping them in to shape over the past couple of weeks in training, fantastic performance.



Some exciting Cardiff and Welsh Cup football fixtures to look forward to for our pupils in the coming weeks. We wish them well, see below the match ups.

- WILLOWS HIGH**
- Cardiff and Vale Cup**
- Y7 Wed 1st Oct Y7 Vs Whitchurch (a)
 - Y8 Vs Whitmore (a) tbc
 - Y9 Thurs 2nd Oct Vs Cardiff High (h)
 - Y10 Bye
- Welsh Schools Cup**
- Y7 Vs Corpus Christi (h) tbc
 - Y8 Vs Llanishen (h) tbc
 - Y9 Bye
 - Y10 Vs Bro Edern (a) tbc

THE WILLOWS WAY

- WILLOWS HIGH**
- 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

THE WILLOWS WAY

- WILLOWS HIGH**
- Boys Football Matches**
- Autumn 1**
- Y8 Vs Y9 Wed 10th Sept (h)
 - Y10 Thurs 11th Sept Vs Cardiff West (a)
 - Y7 Vs Y8 13th Sept (h)
 - Y8 Wed 17th Sept Vs Cardiff West (a)
 - Y8 Tues 23rd Sept Vs Llanishen (h)
 - Y7 Wed 1st Oct Vs Whitchurch (a)
 - Y9 Mon 2nd Oct Vs Cardiff High (h)
 - Y8 Tues 7th Oct Vs Plasmawr (h)
 - Y10 Wed 8th Oct Vs Bro Edern (h)
 - Y7 Thurs 9th Oct Vs Corpus (h)
 - Y8 Wed 22nd Oct Vs Whitmore (a)

THE WILLOWS WAY

PE Extra-Curricular Sport Programme – Willows High School 2025/26

Subject to change – Updated Weekly

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
Gym		KS3+KS4 Boys Basketball KS3+KS4 Girls Basketball AR/MC/AHU		KS3+KS4 Boys Basketball KS3+KS4 Girls Basketball AR/MC/AHU	
Barn		KS4+KS3 Boys Basketball KS4+KS3 Girls Basketball AR/MC		KS4+KS3 Boys Basketball KS4+KS3 Girls Basketball AR/MC	
3G	KS3 Boys Football (Fixtures tbc) JLS – JG – JS	KS3 Boys Football (Training) (Fixtures tbc) JG – JS	KS4 Boys Football Training (Fixtures tbc) JLS – JG – JS	KS3+KS4 Girls Football SM – FR	KS3 Boys Football (Fixtures tbc) JLS – JS – JG
Pitch 1				KS3 Boys Football (Fixtures tbc) JLS – JG – JS	
Rugby Pitch		Cross Country Autumn Term SM	Cross Country Autumn Term SM		
CV/Weights Room					
Muga					

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S STOWE FAMILY LAW

Social Media

Guidance for Parents

HOW CAN YOU HELP US?



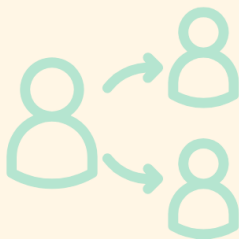
1 Monitoring Online Activity

- Regularly check your child's social media accounts and online interactions.
- Use parental control tools and privacy settings to limit exposure to harmful content.
- Encourage open communication about their online experiences.



2 Record Misuse

- Take screenshots of any inappropriate or harmful messages.
- Keep a log of dates, times, and platforms where incidents have occurred.
- Save any relevant messages or posts as evidence.



3 Sharing Concerns with Teachers

- Report incidents to the school as soon as possible.
- Provide documented evidence to help staff understand the situation.
- Work collaboratively with teachers and school counsellors to support your child.



4 Report to IOI #NoPlaceForHate

You can report online hate/bullying to South Wales Police via:

- The South Wales Police Website:
<https://www.south-wales.police.uk/ro/report/hate-crime/information/v1/hate-crime/how-to-report-hate-crime/>
- Calling 101
- Visiting a police station

We are committed to collaborating with families to safeguard children from the threats of social media and online bullying, ensuring a safe and supportive environment for all students.

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Welsh Department

Shwmae! Why not practice your Welsh at home
Use the phonetic column to see how it should be pronounced.

Welsh Terms of the Week Week Three

Welsh	Phonetic	English
Wedi-blino	Weh-dee-bleen-or	Tired
Gyffrous	Guff-roy's	Exciting
Ddiflas	Div-lass	Boring
Hyfryd	Huv-rid	Lovely
Sbwriel	Sb-w-ree-yell	Rubish
Hwyl	H-oil	Fun

willowswelsh@willows.cardiff.sch.uk

Willows Welsh

Canteen Menu

We continue to listen to feedback from the meals that our canteen provides. As a result, we have made changes to the menu which will come into effect from September. Please see the end of this Newsletter. There have also been changes to the pricing, we should have done this in April but have held off until the new academic year.

The Willows Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal of the day £3.55	Mac & cheese Garlic bread	Chicken Kiev with cheesy vegetables mashed potatoes	Hunter chicken served with herb rice	Chicken Tikka curry Naan bread	Fish fillet Salmon fishcake (every other week)
Vegetarian option	Mac & cheese Garlic bread	Cheese, leek and potato pie with cheesy vegetables mashed potatoes	Red pesto & roasted veg pasta	Veggie Tikka curry Naan bread	Spinach ricotta tortellini in a mushroom cream sauce
Sides of the day	Peas / sweetcorn Side salad	Green beans / carrots onions / butternut squash Side salad	Rice Boiled potatoes Peas Side salad	Rice Chunky mixed peppers / onions Side salad	Chips Mushy peas / beans Side salad
Dessert	Toffee muffin with custard	Fruit jelly	Trifle	Rhubarb crumble with custard	Brownie
Hot and cold Snacks	Cheeseburger £3.00 or Cheese burrito £3.00	Katsu curry wrap £3.00 or Chicken burger £3.00	Hotdog £3.00 or Veggie hotdog £3.00	Reggae Reggae chicken wrap £3.00 or Calzone £3.00	Cheesy chips & beans £3.00 or Cheese and salsa ciabatta £3.00
Meal Deal	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00
Snack	Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00

As you may be aware, school budgets are getting tighter and tighter. As a result, we are no longer able to manage with the amount of school meal debt that some pupils are accumulating.

We have reduced the amount a pupil account can be in debt to £10. If a pupil goes over this limit, we will provide them with something to eat but they will not be able to choose from the Canteen Menu. If this occurs, our Finance Team will be in touch to support families through the process.

Facilities to hire after school

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

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



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

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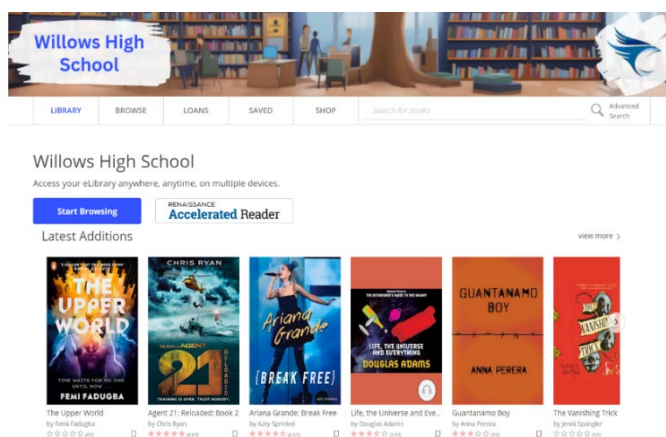
E Platform Learning

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

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

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

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





Access your eLibrary anywhere, anytime, on multiple devices



SCAN TO LAUNCH APP

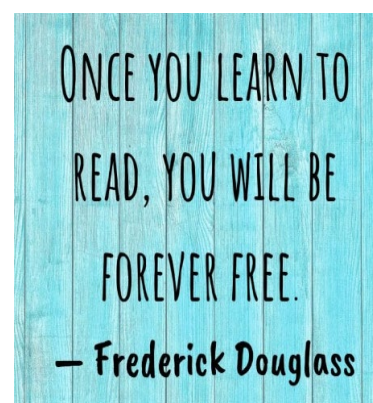


Or add using your setup code **5452**

Readers of the Week

A massive well done to our Readers of the week! 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. 7MK – Jessica Moore, 7MK Damian Viola
2. 8DB – Abdullah Abubakar, 8AT Faya Crofts
3. 9HT- Adrijus Novikovas, 9MO Teja Bertulyte



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

Parent & pupil Cooking Sessions

We will be offering parent & pupil after school cooking sessions this term.

We provide everything you need so you can simply book in, turn up, grab an apron and get stuck in! Everyone makes their own dish from scratch, and there is something different and delicious on the menu each week.

The classes are relaxed, friendly and fun and because of that encourage a love of cooking and good food.



If you would like more information or would like to register please email Karen Hunt – karen.hunt@willows.cardiff.sch.uk

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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 (2025/2026)

Our document containing all of the information you'll need for this year is available to view and download on our website. 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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Attendance

Contact Details - Willows High School

To Report an Absence:

Year 7, Year 8 and top half of Year 11 – (Letter A - K)

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

Year 9, Year 10 and the bottom half of Year 11 – (Letter L-Z)

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

Please do not use the old mobile numbers, email or reception.



Attendance Draw Winners (week ending 12th September 2025)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Fast Pass +1 Winners

Year 7 winner: Uthman Miah, Iwan Davies.

Year 8 winner: Abdulmonem Albarhou, Abdullah Abubakar, Ayaan Miah.

Year 9 winner: Kairhys Fernandes, Adnan Hussein,

Year 10 winners: Ellie-Mae Smith, Esther Mma

Year 11 winners: Janek Kowalski, Imran Abuaassi.

Attend Like a Champion!

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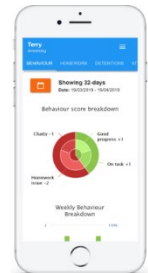
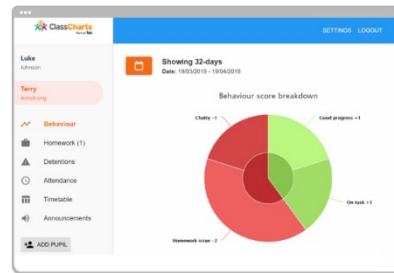
Class Charts

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.



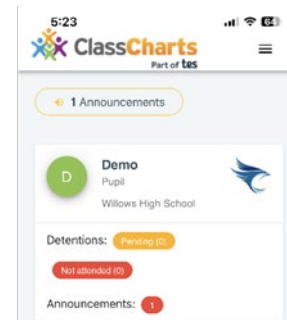
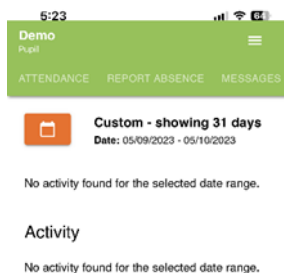
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

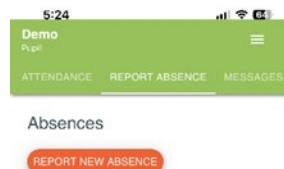
Please let your child's Head of Year know if you need a login code.

How to report an absence on Class Charts

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

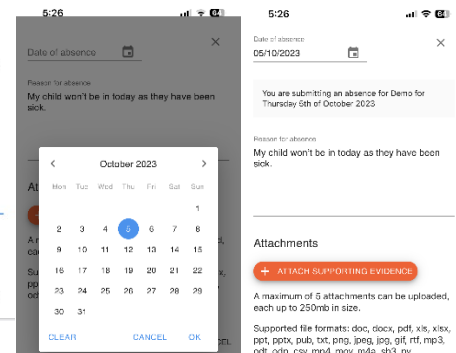
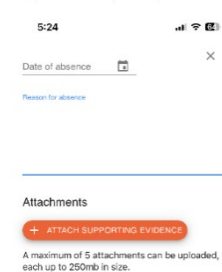


2. Scroll across the green band at the top and click 'report absence'.



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!

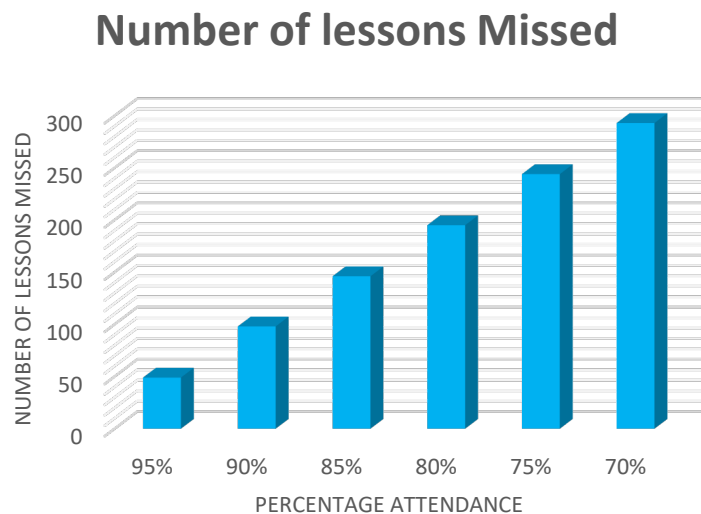
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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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.



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.**

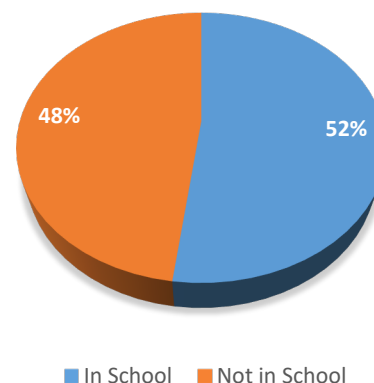
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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. accept
2. except
3. happened
4. minute
5. occurred
6. piece
7. usual
8. view
9. weird
10. really

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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>

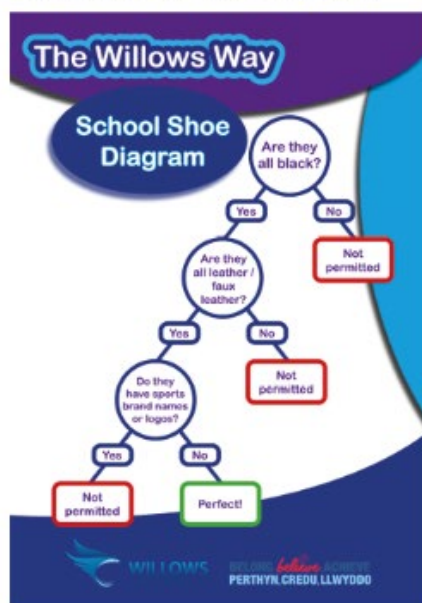
If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer.

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?

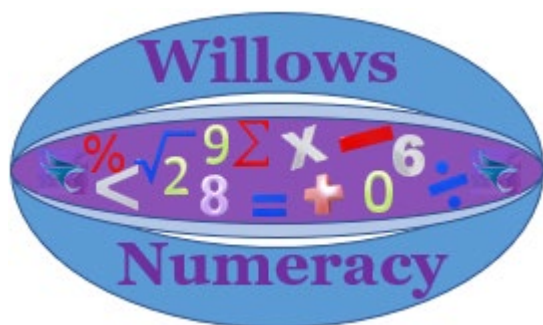
No, we want pupils to communicate with their friends, develop their social skills and be present with each other.

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.



Our Valued Partners



Numeracy Boost Sessions (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.

Internal Numeracy Bee Competition - KS3:

Some Numeracy competitions are taking place throughout the year. KS3 pupils will be provided with relevant resources that can be used to prepare for the quizzes.

Numeracy Bee Dates - Term 1:

Year 7: 12th December
Year 8: 11th December
Year 9: 10th December

Junior UKMT Challenge - Y7 and Y8 MAT pupils: Challenge date: 29th April 2026

Junior UKMT Challenge is an external Mathematics competition giving Y7 and Y8 MAT pupils the opportunity to tackle a variety of mathematical activities which inspire their love to problem solving.

www.revisegcsemaths.co.uk

GCSE MATHS REVISION

Revision by topic, worked examples and past papers for WJEC (Wales) GCSE exams in Mathematics, Maths Numeracy and WJEC Level 2 Additional Maths.

KS4

Mathematics

Revision Resources

www.mathsdiy.com

MATHS DIY

www.vle.mathswatch.co.uk

Maths Watch

amazon

WJEC GCSE Maths Revision Guide (GCSE Wales) by Richard Parsons and GCP Books | 11.11

★★★★★ 4.1

Paperback £7.99

Save 50% on any 4 qualifying items. FREE delivery Wed, 14 Sept on your first eligible order to UK or Ireland. Or fastest delivery Tomorrow, 14 Sept. More buying choices £12.52 (23 used & new offers)

GCSE WJEC Mathematics Exam Practice Workbook (Higher Level)

GCSE WJEC Mathematics Exam Practice Workbook (Foundation Level)

YouTube

BBC Sign in

BITESIZE

Maths Afterschool clubs

Day	Activity	Teacher/Room
Tuesday	KS3	Miss Santos - G14
Week 1	7, 8 & 9	
Tuesday	KS4	Mrs Ait-Brahim - G17
Week 1	All	
Tuesday	KS4	Miss Wrennall - G15
Week 2	All	
Wednesday	KS4	Miss Koncar - G19
Week 2	All	
Tuesday	KS3	Miss Richmond - G20
Week 2	7, 8 & 9	

Year 11 - November Exams - 2025

Numeracy Unit 1 - 4th November
Numeracy Unit 2 - 6th November

Year 11 - Summer Exams - 2026

Resit Numeracy Unit 1 - 7th May
Resit Numeracy Unit 2 - 3rd June

Mathematics Unit 1 - 14th May
Mathematics Unit 2 - 10th June

Year 10 - Summer Exams - 2026

Mathematics and Numeracy Unit 1 - 12th May
Mathematics and Numeracy Unit 2 - 4th June

A 60-minute, 25 multiple choice Challenge. It encourages mathematical reasoning, precision of thought and fluency to make students think. Pupils can use the links below:

For past papers:

<https://ukmt.org.uk/competition-papers/jsf/jet-engine:free-past-papers/tax/challenge-type:67/#free-past-paper-anchor>

For video solutions:

<https://ukmt.org.uk/video-solutions-list/jsf/jet-engine:video-solutions-grid/tax/video-solution-challenge-type:191/>

For any related question, please contact the Numeracy coordinator at: Halima.Ait-Brahim@willows.cardiff.sch.uk

Our Valued Partners

Weekly Numeracy of Week 3, starting 15/09/25:

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 Question for week 3

Numeracy Question of the Week 3

Animal Ages

Robbie has five pets: two dogs named Bonnie and Espo, two cats named Walt and Ginny, and a ferret named Lucky. He makes the following true statements about the ages of his pets, in years:

1. Bonnie is 5 years older than Espo.
2. Ginny is half the age of Walt.
3. The sum of Espo's age and Lucky's age is equal to Walt's age
4. Bonnie is 1 year older than Walt.
5. Ginny is 6 years old.

How many years old are each of Robbie's pets?



Numeracy Terms of week 3

Multiplicand, multiplier and product:

In multiplication, a **multiplicand** and a **multiplier** are multiplied to find a **product**.
In the following equation, 6 is the multiplicand, 3 is the multiplier, and 18 is the product.
 $6 \times 3 = 18$

NOTE: The multiplicand and the multiplier can be called **factors (6 and 3)**.
The product can be called **multiple (18)**.

Multiplication:

All the following terms are guiding you to use Multiplication when solving problems:

- area of
- multiplied by
- multiple
- per
- product, product of
- double, doubled
- sets of
- each had
- at
- by
- of
- rows of
- triple
- twice
- groups of
- multiplied by
- rate

Numeracy Terms for week 3

Answer of the week 2

Numeracy Answer of Week 2

Puppy Plans

Robbie wants to get a puppy, so he decides to help pay the costs. He wants to donate £60 to the animal shelter he gets the puppy from, and he needs to contribute £10 every month to help buy the puppy's food.



(a) How much money does Robbie need to help pay the cost of getting the puppy and feeding the puppy in the first year?

Since there are 12 months in a year and Robbie wants to contribute £10 each month, he needs $12 \times 10 = £120$ for puppy food in the first year. Counting the shelter donation, Robbie needs $£60 + £120 = £180$ in total.

(b) Robbie needs to save the money calculated in part (a) before getting the puppy. He has £87 in his piggy bank. He earns a £7 allowance every week for doing his chores. How long will it take Robbie to earn the rest of the money he needs?

We can make a table to calculate how long it will take for Robbie to save enough money to have at least £180. He starts with £87 and will increase his total by £7 each week.

So, it will take Robbie 14 weeks to earn enough money to help cover the shelter donation and the costs of feeding the puppy in the first year.

Alternatively: Since Robbie has already saved £87, he needs to earn $£180 - £87 = £93$ more.

We calculate how long it will take to earn the remaining amount using division.

Since $93 \div 7 = 13$ with a remainder of 2, we round up to determine that it will take 14 weeks to earn the additional £93 Robbie needs.

Week	Total Saved (in £)
0	87
1	94
2	101
3	108
4	115
5	122
6	129
7	136
8	143
9	150
10	157
11	164
12	171
13	178
14	185

Our Valued Partners

MathsWatch Homework



All of our students' weekly Mathematics homework is accessible on MathsWatch (<https://www.mathswatchvle.com/>). They must be completed by their given deadline. **Mathswatch homework is set every Tuesday and due the following Tuesday morning.**

Each set homework is open for a month, so that students 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.

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

There are videos available to 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.

On that note, we would like to say a huge **congratulations** to all those who have been working so hard on their MathsWatch!

Here are this week's mathematicians:

#	First Name	Surname	Year	Class
1	Ahmed	Magidub	7	7MC/Ma
2	Saarah	Ali	7	7RA/Ma
3	Maryam	Hussaini	10	10R1/Ma

#	First Name	Surname	Year	Class
1	Ahmed	Magidub	7	7MC/Ma
2	Saarah	Ali	7	7RA/Ma
3	Jacob	Stockwell	7	7RA/Ma

#	First Name	Surname	Year	Class
1	Yara	Magidub	9	9L2/Ma
2	Olashile	Akerele	9	9R3/Ma
3	Ammar	Husain	9	9R1/Ma

#	First Name	Surname	Year	Class
1	Aaron	Nicolau	8	8R1/Ma
2	Sofia	Rehman	8	8R1/Ma
3	Emelia	Charles	8	8R1/Ma

#	First Name	Surname	Year	Class
1	Maryam	Hussaini	10	10R1/Ma
2	Dhruvraj	Rathore	10	10L1/Ma
3	Sajel	Nasir	10	10L1/Ma

#	First Name	Surname	Year	Class
1	Nadjay	Augustine	11	11L3/Ma
2	Nachi	Chanaudomrungrot	11	11L3/Ma
3	Ore	Eyitayo	11	11L1/Ma

TimesTableRocks tars

Single numeracy boost sessions are provided to all our KS3 students on a fortnightly basis to enrich their Mathematical Skills, specifically with a focus on times tables. Students will be accessing their TTRS accounts and improving their knowledge of the times tables.

At home, students must 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 students 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. Likewise to MathsWatch, there will be a leaderboard and certificates to reward their efforts.



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

Our Valued Partners

cowshed



VOCO St. David's Cardiff



ARUP Taylor Wimpey



Mathematics

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Maths Afterschool clubs		
Day	Activity	Teacher/Room
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Tuesday Week 1	KS4 All	Mrs Ait-Brahim - G17
Tuesday Week 2	KS4 All	Miss Wrennall - G15
Wednesday Week 2	KS4 All	Miss Koncar - G19
Tuesday Week 2	KS3 7,8 &9	Miss Richmond - G20

Please encourage your child to attend the afterschool clubs we are providing.

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

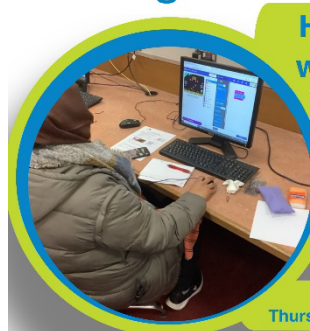
Families Learning Together

This specialized course is designed exclusively for adults, aimed at enhancing the ability of families to support their children using innovative methods outlined in the curriculum, scan the QR code to sign up!

Engaging weekly online sessions, refresh your math skills and gain the confidence to assist with KS3 Homework.

Join up to turn maths into a collaborative success story for your family!

Families Learning Together



Help your child with KS3 Maths

Online

For family members of KS3 pupils

Start Time: 6pm

From:
Thursday 25th September 2025

This specialized course is designed exclusively for adults, aimed at enhancing parents' or guardians abilities to support their children using innovative methods outlined in the curriculum.

- **Engaging Weekly Online Sessions:** Refresh your math skills and gain the confidence to assist with KS3 homework.
- **Expert Tutor:** Dive into key concepts in an interactive and convenient format.

Join us to turn math into a collaborative success story for your family!

CLICK HERE TO REGISTER

Family Learning course: Help your Child with KS3 Maths



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

Volunteering at Splott Community Volunteers

As you can see, we have a busy summer ahead of us and would welcome a hand! If you are interested in volunteering at any of the events listed above, please contact joe@splottcommunityvolunteers.co.uk

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.

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

Our Valued Partners

cowshed



VOCO
St. David's
Cardiff

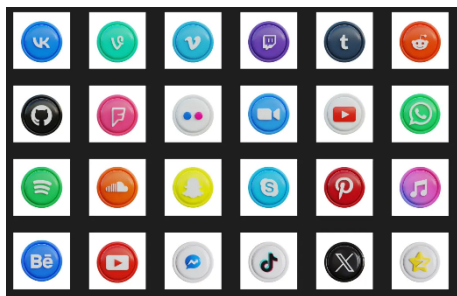


ARUP
Taylor
Wimpey



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

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

Support

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 **Wellman Cardif** **Cardiff Council** **Cardiff Bay**

Community Safety Team

Adamsdown & Splott Community Forum

We would like to welcome residents to join us for the next Community Forum to share their views, opinions and ideas for the area on

Wednesday 12th November 1-3pm
at Mercy on Clifton Street.

There is a limited capacity for the venue so please book your space by emailing us cardiffcsp@cardiff.gov.uk

Many thanks.

cardiffcsp@cardiff.gov.uk

Local Events

Community Safety Team.

Please join the Community Safety Team for the Splott & Adamsdown Community Forum. Share your thoughts, they'd would love to see you!

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

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.

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



External Tutor Support



Your child will be provided with everything they need for their examinations at Willows but, if you are thinking about getting a tutor to support your child, the NSPCC has provided guidance on the things you need to consider.

Four steps to finding a tutor for your child:

1. Ask your child what they'd prefer and how it's going
 - Consider your child's needs and preferences when it comes to tuition and learning. You could ask them what they'd find most helpful for their learning and if they have a preference around whether the tutoring takes place at home or online.
 - Also, regularly ask your child how the tutoring's going – to make sure they're still comfortable with the arrangement.
2. Ask the tutor about references and vetting checks
 - Make sure the tutor undertakes appropriate vetting checks and that you are happy they are suited to working with children before you hire them. This should include criminal records checks and full reference checks as a minimum.
 - A tutor should be able to show you up to date references and criminal records certificates, and an agency will be able to confirm these are in place before they start.
 - The types of checks they can provide will vary depending on the nature and regularity of their work with children, and also whether the tutor is directly employed (for example, by an agency) or self-employed (as an independent tutor). Find out more about the types of checks available for tutors.
3. Agree boundaries and expectations before the tutoring starts
 - Talk to the tutor about boundaries and appropriate behaviours before they start. You may want to agree a list of appropriate behaviours and expectations together to prevent any misunderstandings, including if the session is online.
 - This should include agreeing how you'll communicate with the tutor outside of sessions, for example by text, phone or email. Make sure the tutor always contacts you and never has direct contact with your child outside a session.
 - Agree how the tutoring will take place safely, whether it's online or in someone's home. For example, you'll need a desk or table where children can work quietly and it shouldn't be in a bedroom.
 - Make sure the door to the room is left open, the room has windows with open curtains so that someone can see in, and that you or another adult are within earshot. You may want to sit in on the session. You shouldn't leave your child alone with a tutor and go out.
 - Ask the tutor for regular updates on your child's progress, for example at the end of each session, and discuss any concerns or issues that might have come up during sessions.
4. Speak to the NSPCC if you're worried

If you have any concerns about a tutor who's working with your child, it's important to get help right away. The NSPCC [Helpline counsellors](#) can offer advice and support if you're worried. Call them on 0800 800 5000, email help@nspcc.org.uk or fill in their online

Our Valued Partners

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://nhs.uk/conditions/measles-mumps-rubella/mmr)

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.



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

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

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.

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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):



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.

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 of Year 8 and all of Year 9 have now been handed free pants but they are available for all.

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.



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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.



Safe learning environments for pupils and staff

We are committed to ensuring Willows High School is a safe place where our pupils and staff are treated with respect and dignity, in a nurturing and positive learning environment.

Cardiff Council has recently launched a publicity campaign to highlight its commitment to pupil and staff safety and well-being, and to remind school communities that pupils and staff have a right to attend school free from abuse and any form of aggression.

Any form of written, verbal or physical abuse towards staff in our school will not be tolerated. The Council is committed to supporting schools and governing bodies to take any necessary action to keep staff safe. This may include restricting contact and communication with certain individuals, exclusion from the premises and reporting matters to the police when necessary.

Thank you for helping us to create a safe and nurturing learning environment for the children and young people attending our school by treating staff with dignity and respect.

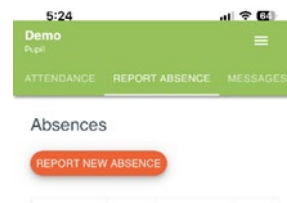
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Diolch

As always, thank you for your support. If there are any problems, we would appreciate that you contact the relevant person in school straight away rather than using social media platforms. We will always try our best to reach a solution and this will ensure your concern is seen and avoid any misinformation and miscommunication.

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	Ms. Kimberly Williams	Kimberly.Williams@Willows.Cardiff.sch.uk
Year 7 – Head of Year	Mrs. Catherine Watkins	Catherine.Watkins@Willows.Cardiff.sch.uk
Year 7 – Leadership Link	Mr. Simon Thomas	Simon.Thomas@Willows.Cardiff.sch.uk
Year 8 – Head of Year	Ms. Francesca Bell	Francesca.Bell@Willows.Cardiff.sch.uk
Year 8 – Leadership Link	Mr. Marcello Lo Celso	Marcello.Lo-Celso@Willows.Cardiff.sch.uk
Year 9 – Head of Year	Ms. Marcella Sansom	Marcella.Sansom@Willows.Cardiff.sch.uk
Year 9 – Leadership Link	Mr Jack Smith	Jack.Smith@Willows.Cardiff.sch.uk
Year 10 – Head of Year	Mrs. Roisin Cherrett	Roisin.Cherrett@Willows.Cardiff.sch.uk
Year 10 – Leadership Link	Mrs. Kelly Bubbins	Kelly.Bubbins@Willows.Cardiff.sch.uk
Year 11 – Head of Year	Mrs. Tara David	Tara.David@Willows.Cardiff.sch.uk
Year 11 – Leadership Link	Mrs. Suzie Warren	Suzie.Warren@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

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Extra-Curricular Activities – Autumn Term 2025 – 2026

*Please note that some subject areas will start revision sessions in the Spring Term and this time-table will be updated accordingly.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years
Lesson time	Individual Instrumental lessons TBC with individuals – drums.	Individual Instrumental lessons TBC with individuals – piano	/	/	Individual Instrumental lessons TBC with individuals – guitar and singing.
After school clubs	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework
	3.10 – 4.00 pm: Well-being Art and Craft Ms. Parves - PAWB	3.10 – 4.00 pm: Mini robot programming Mr. Hussein – G12	3.10 – 4.00 pm: Art Club Miss. E. Jones – F4	3.10 – 4.00 pm: Writing Club Ms Gemmiti – F6	3.10 – 4.00 pm: Book club Mrs Lo Celso – F3
		3.10 – 4.00 pm: Musical Theatre Club (school show rehearsals) Ms. Gorman and Mr. Mills - PAC			
		3.10 – 4.00 pm Debating Ms Nelms – F10			
		3.10 – 4.00 pm: Y7, Y8 and Y9 Maths Help (Week 1) Miss. Santos – G14			
		3.10 – 4.00 pm: Y7, Y8 and Y9 Maths Help (Week 2) Miss. Richmond – G20			
After school revision sessions	3.10 – 4.00 pm: Y11 Computer Science Unit 3 catch-up (Y10 and Y11 Computer Science pupils also welcome to work independently for Unit 2) Ms. Charles – G13	3.10 – 4.00 pm: Y10 and Y11 French revision Mme. Brace – G11	3.10 – 4.00 pm: Y11 Geography Revision (Y11) Mr. Gill – F1	3.10 – 4.00 pm: Y10 Geography Revision (Y10) Mr. Gill – F1	
	3.10 – 4.00 pm: Y11 Media Studies Magazine catch up Mrs. Bubbins – G6	3.10 – 4.00 pm: Y10 and Y11 Maths Help (Week 1) Ms. Ait-Brahim – G17	3.10 – 4.00 pm Y10 and 11 Science Revision (Week 2) Mr.Carter – S2	3.10 – 4.00 pm: Hospitality and Catering revision (Week 1) Miss. Davies – G3	
		3.10 – 4.00 pm: Y10 and Y11 Maths Help (Week 2) Ms. Wrennall – G15	3.10 – 4.00 pm: Y10 and Y11 Maths Help (Week 2) Ms. Koncar – G19	3.10 – 4.00 pm: Y10 and Y11 French revision Mme. Brace – G11	
			3.10 – 4.00 pm: Y10 and Y11 Art (Week 2) Ms. Elkes-Jones (F2)	3.10 – 4.00 pm: Product Design Catch up (starts in October) Mr. Konten – G2	

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PE Extra-Curricular Sport Programme – Willows High School 2025/26

Subject to change – Updated Weekly

THE WILLOWS WAY

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
Gym		All Years Boys Basketball All Years Girls Basketball AR - MC – AHU		All Years Boys Basketball All Years Girls Basketball AR - MC - AHU	
Barn		All Years Boys Basketball All Years Girls Basketball AR – MC – AHU	COMING SOON Pickle Ball - Badminton	All Years Boys Basketball All Years Girls Basketball AR - MC	
3G	COMING SOON Years 7, 8 & 9 Boys Rugby (Training) TM - JLS	Years 7, 8 & 9 Boys Football (Training) (Fixtures tbc) JG – JSM – TM	Years 10 & 11 Boys Football Training (Fixtures tbc) JLS – JG – JSM - TM	All Years Girls Football SM – FR	Years 7, 8 & 9 Boys Football (Fixtures tbc) JLS – JSM – JG - TM
Pitch 1	Years 7, 8 & 9 Boys Football (Fixtures tbc) JLS – JG - JS			Years 7, 8 & 9 Boys Football (Fixtures tbc) JLS – JG – JSM - TM	
Rugby Pitch		Cross Country Autumn Term SM	Cross Country Autumn Term SM		
CV/Weights Room					
Muga					

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THE WILLOWS WAY

Please find below a list of services we offer at our Learning Lounge.

If you have any questions please contact Karen Hunt on 07733889062 or email karen.hunt@willows.cardiff.sch.uk



Pantry

Our food pantry provides free food and toiletry essential items for families in our school community, It's a way for us to come together, share resources and make sure no one goes without. Please visit the Learning Lounge via a separate entrance, ring the doorbell and we will be happy to help. This service is completely confidential.



Citizens Advice Service Monday 9.30am-16.30pm

Citizens Advice Cardiff & Vale provide free confidential and impartial advice on a range of areas including debt, benefits, housing, employment and family matters. Please contact Karen to make an appointment, all appointments are confidential.



Cuppa With a Copper

Our local PCSO visits the Learning Lounge on a Thursday, together we can work closely with our families to solve local problems and make our community feel safer.



Adult Learning Classes

We offer multiple Adult Learning Classes, it's not just about learning new skills, it's about opening doors for yourself and your family. Boost your skills, build confidence and meet new people, when parents learn, families grow stronger.



Parent Well Being Sessions

Looking after yourself is just as important as looking after your family, take time out to build confidence and positivity and share experiences with other families.

Together We Achieve More

Support for Every Family, Every Step of The Way



We believe every family deserves support, connection, and encouragement.



Our Family Engagement Services bring parents, caregivers and schools together to help children to thrive.



Together we can make our community, stronger, happier and more connected.

**Stronger Families,
Stronger Communities,
Stronger Together**



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THE WILLOWS WAY

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal of the day £3.55	Mac & cheese Garlic bread	Chicken Kiev with cheesy vegetables mashed potatoes	Hunter chicken served with herb rice	Chicken Tikka curry Naan bread	Fish fillet Salmon fishcake (every other week)
Vegetarian option	Mac & cheese Garlic bread	Cheese, leek and potato pie with cheesy vegetables mashed potatoes	Red pesto & roasted veg pasta	Veggie Tikka curry Naan bread	Spinach ricotta tortellini in a mushroom cream sauce
Sides of the day	Peas / sweetcorn Side salad	Green beans / carrots onions / butternut squash Side salad	Rice Boiled potatoes Peas Side salad	Rice Chunky mixed peppers / onions Side salad	Chips Mushy peas / beans Side salad
Dessert	Toffee muffin with custard	Fruit jelly	Trifle	Rhubarb crumble with custard	Brownie
Hot and cold Snacks <u>Meal Deal</u> Snack fruit & muffin £3.55	Cheeseburger £3.00 or Cheese burrito £3.00	Katsu curry wrap £3.00 or Chicken burger £3.00	Hotdog £3.00 or Veggie hotdog £3.00	Reggae Reggae chicken wrap £3.00 or Calzone £3.00	Cheesy chips & beans £3.00 or Cheese and salsa ciabatta £3.00
	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00 Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00 Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00 Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00 Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00	Jacket potato £2.75 with Tuna mayo £3.00 Cheese £3.00 Beans £3.00 Sandwiches £2.90 / £3.00 Cold wrap £3.00 Salad box £3.00 Yogurt £0.90 / Fruit £0.50 Muffin £1.00

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