



WILLOWS HIGH

Facebook: @willowshighcardiff

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Weekly Newsletter – 14.11.2025

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

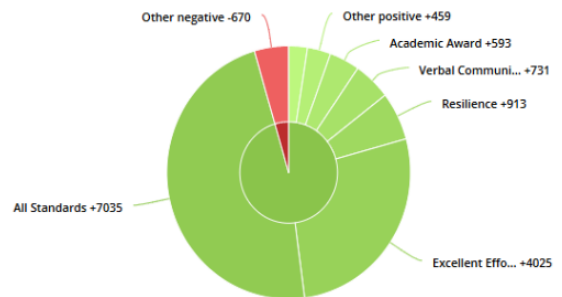


Use Google Translate to change to your preferred language.

Belong, Believe, Achieve:

This week our pupils have been swimming, visiting Cardiff Museum, Empowering Female Voices, engaging in careers events, completing the SHRN survey, competing in football & basketball tournaments and working through Science, R.E. & History NEAs as well as producing wonderful food in the Hospitality and Catering Practical Exams. Our Remembrance assembly was provided by Mr. Henwood.

Willows High School Conduct Overview
10/11/2025 - 14/11/2025



Merits: 10.11.25-14.11.25.

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	3784	7Farrah	Neven Albarhou
Year 8	2845	8Cavendish	Tulisa Davies/Rana Abdelhaleem
Year 9	2995	9Mozart	Korede Okpako
Year 10	1876	10Matisse	Best Akinniranye
Year 11	2643	11Curie	Harrison Calford

Dates for your Diary:

17th November – Year 9 Seren Debate Training
 19th November – Year 11 Interview Hints Sessions
 19th November – International Mens' Day Event
 20th November – Year 11 Parents' Evening
 20th November--Year 8,9 & 10 New Build Coffee Afternoon
 20th November – Year 10 Romeo & Juliet Cineworld Trip
 21st November – Girl Guide Debate – Empowering Women Workshops
 25th November – Year 11 Media Trip to BBC Media Centre
 28th November – Yemeni Cultural Breakfast



Our Valued Partners



School news



9am start

Please would you remind your child that the start of the school day is 9am. We expect all pupils to be in their Line-up at this time. It is an important start to the day where we pass on necessary information, check that everyone is ready to learn and where we can all reflect on issues that affect us all.

Basketball Champions!!

This week, the Year 9 and 10 basketball teams competed in the Cardiff Schools basketball tournament.



Year 9

In the same event last year, the Year 9 team struggled to score and did not win a game. However, this year, it was a different story. The boys played 3 games, all against older opposition, and gave their all in every game. The results were as follows:

- Game 1 – Willows 16 Plasmawr 6
- Game 2 – Willows 11 Radyr 11
- Game 3 – Willows 10 Glantaf 22



Remarkable progress for a team that is still fairly new to the sport. An excellent effort all round.

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Year 10



This year, Year 10 team were grouped with Plasmawr, Radyr and St Illtyds in the group stages. The results were as follows:

- Game 1 – Willows 25 Plasmawr 10
- Game 2 – Willows 25 Radyr 10
- Game 3 – Willows 14 St Illtyds 10

The three wins meant that we progressed as group winners to the semi-final. In the semi-final we played Whitchurch High. The game was really close throughout the whole match. We came out on top though, with the final score being;

- Willows 21 Whitchurch 18

This meant that we had made it to the final, the first time ever that a Willows basketball team had done so. In the final, we played Glantaf. The same team that had earlier beaten our Year 9 side. After another really close and exciting match (it was almost too much for Mr Chapple!), the final score was:

- Willows 18 Glantaf 16

This means that for the first time ever, a Willows High School basketball team are the Cardiff Schools Basketball Champions!

A massive well done to all the players. Basketball in our school is getting stronger all the time. More importantly than the winning, the boys enjoyed it and had a smile on their faces all day. On the day Willows played 8 matches. Of those 8 games:

- 6 wins
- 1 draw
- 1 loss



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Debate Mate Launch at Cardiff University

Last week, a group of our KS3 pupils attended the official Debate Mate Launch at Cardiff University. The event introduced pupils to the world of competitive debating, showcasing what Debate Mate is all about and the exciting opportunities ahead. Pupils learned about the upcoming competitions and met inspiring role models from the debating community. It was a fantastic chance to see how debating can sharpen critical thinking and communication skills.

A highlight of the Debate Mate Launch was the live show debate, where our very own Zion took centre stage as part of one of the debating teams. His team argued their case brilliantly and emerged victorious in front of an audience that included local councillors and representatives from major businesses such as Deloitte and Principality. This was an incredible achievement and a proud moment for our school, well done, Zion!



Debate Club - Join Us Every Tuesday!



We're thrilled to announce that our Debate Club is back and running every Tuesday after school from 3:15 pm to 4:15 pm in the library.

This is a fantastic opportunity for pupils to develop confidence, sharpen their speaking skills, and engage in lively discussions on a range of topics.

All are welcome, whether you're a seasoned debater or just curious to give it a try. Come along and be part of the conversation!

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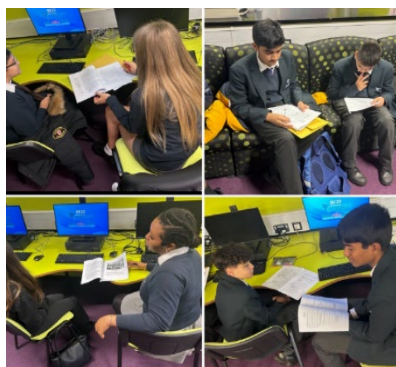
Accelerate Debate Programme Expands!

We are delighted to announce that we are continuing with the Accelerate Debate Programme and this year, it's bigger and better than ever! The programme now includes pupils from Year 8 and Year 9, giving even more pupils the chance to develop essential skills such as confidence, teamwork, emotional resilience, and self-management. By learning how to express themselves and build constructive arguments, pupils gain a sense of purpose and self-assurance that can positively influence their behaviour and future opportunities.



Over the next 17 weeks, participants will take part in a series of engaging activities designed to showcase and refine their debating skills. At the end of the programme, pupils will be invited to compete in the Core Programme Debate Mate Cup, a fantastic opportunity to put their learning into practice. In addition, there will be chances throughout the year to attend careers events with programme sponsors, opening doors to potential work experience and networking opportunities.

Our pupils thoroughly enjoyed their first session, we are excited to see the incredible progress they will make!



Peer-to-Peer Reading Programme Launch

Today marked the exciting start of our Peer-to-Peer Reading Programme, where Year 10 pupils are working closely with Year 8 students to support and improve reading skills. This initiative forms part of the Welsh Baccalaureate coursework for our Year 10s, giving them the opportunity to develop leadership and mentoring skills while helping younger pupils build confidence in reading. The sessions will run weekly and aim to foster a love of reading across the school.

We look forward to watching both groups grow and develop as the weeks go by, building confidence through the power of reading!

Parental Reading Coffee Morning



This week, we were thrilled to welcome parents to our Reading Coffee Morning at the Learning Lounge. Thank you to everyone who attended and for the wonderful feedback, we're delighted you found it useful! For those who couldn't make it, we have a range of resources available so please contact your child's Head of Year or Ms Nelms for further details.

During the session, our online book programme was introduced, showing how easy it is to access a wide range of books from home. We also explored practical activities that families can do together

to make reading fun and engaging, helping to build confidence and enjoyment in literacy. Details on accessing the online library e-platform can be found later in this newsletter.

We hope to hold more sessions like this in the future, so keep an eye out for upcoming dates. As always, if you have any concerns about your child's reading, please reach out to their Head of Year, English or J7 teacher.

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Chemistry Talk



This Wednesday, Year 11 had a visit from Dr Alice Jane McEllin from CatSci. She is a research chemist and told the pupils all about her role and industry. Pupils were made aware of the various jobs that require Chemistry and the different routes they could take to get into the industry. As always there was a good turnout and the pupils were courteous and respectful to our visitor.

Many thanks to Dr Alice for her visit and to Adrian Cole from Careers Wales for setting it up.

Football

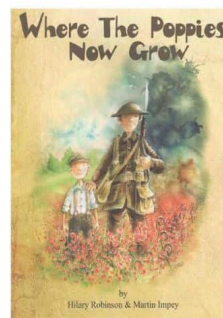
Year 10 Boys football team were desperately unlucky to lose this Wednesday away at Stanwell in the Welsh Cup. They dominated the majority of the match, but too many missed chances cost them in the end. We are very proud of the boys who put in a top performance against a very strong team, who were cheered on by a huge amount of parents and pupils. Special mentions to Alaa who was a monster in defence, Armani who was always a threat down the flank, and Ishaan in goal who made some good saves.



Special Resource Base



This week in the SRB we have all been looking at the book *Where the Poppies Now Grow* to coincide with Remembrance Day. We have learnt about the significance of the poppy and created some silhouette art. We have also looked at descriptive vocabulary relating settings and how we can use colours to evoke feelings and help to tell the story.



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Parent & Pupil After School Sessions

We will be holding parent & pupil cooking sessions starting on the 1st December at 3.30pm (3 sessions 1st December, 8th December & 15th December).

This is a lovely opportunity for you to come together, to nurture connection, life skills, confidence, health and fun all the same time

All ingredients, equipment, recipe card will be provided and you can enjoy the meal you cooked and take home to enjoy!

Please register by clicking or copy the link below spaces are limited.

<https://forms.office.com/e/Fk9DNYGJKu>



Tea & Coffee Afternoon: Year 8, 9 & 10.



Please come along to our Coffee Afternoon on the 20th November at 1pm, Morgan Sindall will be attending to answer any questions you may have regarding the new build, Head of Years will also be in attendance. This is a great opportunity for you to raise any questions or concerns.

If you would like to attend – please click on the link to register.

[Tea & Coffee Afternoon, Year 8, 9 & 10 – Fill in form](#)

Anti-Bullying Week.

With Anti-Bullying Week running this week (10–14 November) we would like to provide a guide for parents/guardians

- **Help parents distinguish** between normal early secondary adjustment and genuine bullying concerns
- **Reduce anxious parent calls** by explaining what normal adjustment vs. bullying looks like
- **Show proactive safeguarding** support without adding to staff workload

The guide, *Tackling Bullying in Secondary School*, helps families spot warning signs, understand when to be concerned, and know when to contact school.

<https://g2ckdueqnyyi9z6.kartra.com/page/fvC2086>



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Uniform Recycling

We kindly ask if you have any pre-loved uniform to donate them to our Uniform Recycling Centre, please drop them to reception, they will be greatly appreciated!



Period Standard Award



We are pleased to announce that we have 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.

Social Media

Please follow us on Instagram by scanning the QR code or searching WillowsHighCardiff to keep up to date with all the brilliant things we do!



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Dangers of Snapchat

We are seeing an increased number of unpleasant incidents resulting from pupils' use of Snapchat outside of school. **We highly recommend that families prevent their children from using this app to communicate with their friends.**



Snapchat is a widely used social media platform among young people, but it presents several risks that parents need to be aware of. Children may encounter inappropriate content or unwanted contact if they accept friend requests from profiles they do not recognise or join group chats without knowing who is involved. These actions can expose children to cyberbullying, harmful material, or interactions with strangers.

Too safeguard your child, if you do allow your child to use this app, it is essential that you actively monitor your child's social media activity, including who they are communicating with and which groups they are part of.

If your child is added by an unknown profile, we strongly recommend that you remove and block the contact immediately. If any unkind or inappropriate messages are exchanged between peers, please take a screenshot of the conversation, block and remove the contact, and report the incident to the police via 101 if necessary. Additionally, kindly inform your child's Head of Year. This helps us monitor interactions within the school and prevent further disputes. For more information, please refer to our social media guidance for parents.

Year 11 Prom

Our pupils work hard all year, and we want to give them the prom night they deserve! We're raising funds for tickets, decorations and an inclusive celebration where everyone can attend and no one left out. Donate or share our GoFundMe QR code to support our school's prom dream!



The-Little-Mermaid-11



Rehearsal-Schedule11

Days	Cast	Scenes
Tuesday-7 th -October-11 Until-4.10-11	Whole-Cast-11 Prince-Eric-Auditions-11	Under-the-Sea-11 Singing-11
Tuesday-14 th -October-11 Until-4.10-11	Whole-Cast-11	Under-the-Sea-11 Singing-11
Tuesday-21 st -October-11 Until-4.10-11	Whole-Cast-11	Scene-1-11 Fathoms-Below-11 Singing-11
Half-Term-11	Half-Term-11	Half-Term-11
Tuesday-4 th -November-11 Until-4.30-11	King-Triton-11 Sebastian-11 (Seahorse)-11 Mersisters-11 Ariel-11 Sebastian-11 Flounder-11 Scuttle-11	Scene-2-11 Daughters-of-Triton-11 Scene-3-11 Human-Stuff-11
Tuesday-11 th -November-11 Until-4.10-11	Whole-Cast-11	Scene-1-11 Fathoms-Below-11 Singing/Blocking-11
Tuesday-18 th -November-11 Until-4.10-11	Ursula-11 Flotsam-11 Jetsam-11 Ariel-11 Sebastian-11 King-Triton-11	Scene-4-11 Scene-5-11 Blocking-11
Tuesday-25 th -November-11 Until-4.30-11	Whole-Cast-11	Scene-6-11 Under-the-Sea-11 Blocking-11

School Production - The Little Mermaid

Our Little Mermaid Rehearsals are in full swing! We can't wait for you to see it. Look out for ticket information coming soon.

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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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VOCO
AN IGG HOTEL

St. David's
Cardiff



ARUP Taylor
Wimpey



Homework: Carousel Learning

We're excited that **Carousel Learning** is up and running smoothly for the new academic year!

This fantastic online platform is dedicated to homework for all students at Willows and is designed to support their learning both in and out of the classroom.

Each week, students will be set **five questions** tailored to their specific topics. These short, focused tasks help reinforce lesson content and prepare students for their **GCSEs**, building confidence and knowledge over time.



THE WILLOWS WAY

Homework Timetable

Year 7				
Monday	Tuesday	Wednesday	Thursday	Friday
English Journey 7	Music Welsh	Science Computing Technology*	French Drama Art	P.E.
Year 8				
Monday	Tuesday	Wednesday	Thursday	Friday
English R.E. Technology*	Geography Music Welsh	Science History Computing	French Drama Art	P.E.
Year 9				
Monday	Tuesday	Wednesday	Thursday	Friday
English Biology Technology*	Chemistry Expressive Arts R.E.	Physics History Computing	French Geography Welsh	Art P.E. Health & Nutrition
Year 10				
Monday	Tuesday	Wednesday	Thursday	Friday
English Biology Option A	Chemistry Option B	Physics Option C	Welsh	Agored
Year 11				
Monday	Tuesday	Wednesday	Thursday	Friday
English Biology Option A	Chemistry Option B	Physics Option C	Welsh	Agored

* Pupils should only complete the quizzes for the Technology area (Food/Textiles/Product Design) that they are studying that term.



20 minutes
reading

10 minutes
MathsWatch

10 minutes
per subject on
Carousel
Learning

We encourage all students to engage with Carousel Learning regularly and make the most of this valuable resource.

We're pleased to share students now have access to **Carousel Learning** in the **library after school until 4pm**, with support from **Miss Davies**.

This provides a quiet and focused environment for completing weekly homework tasks and reinforcing learning.

For students who may struggle to access the platform online, the library also offers a wide range of **knowledge organisers** to help them stay up to date with their studies.

To encourage engagement, students will be **rewarded and praised** for completing their work. Miss Davies will be **monitoring progress weekly** and reporting back to teachers to ensure every student is supported in their learning journey

Willows Homework Small Tasks, Big Impact!

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Nyrsio Ysgol | School Nursing
BIP Caerdydd at Ffôn i Cardiff & Vale UHB

September 2025

Help keep your child well this winter – make sure they have their flu vaccine.

Dear parent or guardian,

The School Nursing Team will visit your child's school soon. It's very important to protect your child from flu, to make sure they stay as healthy as possible.

Click here to fill in and return the online consent form as soon as possible and at least 5 days before the flu school session.

<https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyijgkCoVkdM8ntyProwc0tRo7SIFodPD07y1M5RUQ1BFV0hZQkcwV0c4UzNWQjMzS01SVF1Ri4u>



Further information and school dates can be found on the website below:

[Flu vaccine in schools: information for parents - Cardiff and Vale University Health Board](#)

NHS recommends that your child has a flu vaccination every year.

We welcome correspondence and phone calls in Welsh. We will respond to correspondence in Welsh without delay.

Yours faithfully,

School Nursing Immunisation Team
Riverside Health Centre
Email: Immunisation.CavuhbSchoolNursing@wales.nhs.uk
Tel: 02920 907661/664

After you have returned the consent form, please contact the School Nursing Immunisation Team on 02920 907661/664 before the vaccination session if:

- there are any changes to your child's health, or
- their asthma medication is increased, or
- they are prescribed oral steroids, or
- they become wheezy.

Our Valued Partners



Road Safety Wales Diogelwch Ffyrdd Cymru

e-bikes/e-scooters

Road Safety Wales is highlighting the law surrounding e-bikes and e-scooters and we need your help!

Some people may have innocently purchased an e-bike or e-scooter, unaware that they could be breaking the law when riding it. Road Safety Wales is asking schools and colleges to share some information so that collisions and injuries can ultimately be avoided.

e-bikes

An e-bike is an electrically assisted pedal cycle equipped with an electric motor to assist riders when they pedal. You need to be at least 14 years old to ride an e-bike, but you don't need a driving licence.

Some people have attempted to modify their e-bike, so it is important to check that the motor has a maximum power output of 250 watts and not able to propel the bike when it's travelling more than 15.5mph.

By law, an e-bike cannot propel a rider unless they are pedalling as well. If you see what you think is an e-bike and the rider isn't pedalling, it is classed as an electric motorcycle and they have much stricter rules.

You wouldn't ride a motorcycle with a petrol engine when you didn't have a licence or insurance - the rules are exactly the same with an electric motorcycle!



e-scooters

Some people may be considering an electric scooter (e-scooter), particularly if they have seen others riding them locally.

However, it is illegal to use a privately owned e-scooter on public roads, pavements or cycle lanes. In fact, the only place to legally ride an e-scooter in Wales is on private land with the permission of the landowner - everywhere else it is against the law.

Some people may not appreciate the effect that riding illegally has. For someone with sight or hearing loss, it could have such an effect on them that they feel unable to go out on their own, hampering their mobility options and perhaps even resulting in the loss of their independence.

Unfortunately, people have already been killed and seriously injured when riding inappropriately and illegally. Nobody wants to see other families having to cope with the aftermath of similar heartbreaking incidents.

In some parts of the UK, government trials are taking place where you can rent an e-scooter and use it on the road and in cycle lanes if you hold a full or provisional driving licence. In Wales, there are currently no trials taking place.



Please don't get caught out by riding illegally. Make sure you know the law on e-bikes and e-scooters.

E-SGWTTERI! DEALL Y GYFRAITH
E-SCOOTERS: KNOW THE LAW

- ✓ Gellir ei yrru ar dir preifat gyda chaniatâd tirfeddiannwr.
- ✓ Mae'n gyfreithiol iddynt gael eu gwerthu am y rheswm hwn.
- ✗ Ni ellir eu defnyddio ar unrhyw ffyrdd cyhoeddus yng Nghymru (nâc unrhyw fannau cyhoeddus eraill fel llwybrau troed, palmetydd neu barciau).
- ✗ Rydych mewn perygl o gael eich erlyn a chael y sgwter wedi'i atafaelu trwy reidio ar ffyrdd cyhoeddus.
- ✓ Can be ridden on private land with land-owner's permission.
- ✓ It is legal for them to be sold for this reason.
- ✗ They cannot be ridden on any public roads in Wales (or any other public places such as footpaths, pavements, or parks).
- ✗ Those riding on public roads risk prosecution and having the scooter seized.

SOUTH WALES POLICE HEDDLU DE CYMRU

Comisiynydd y Heddlu a Threftadau, Heddlu a Chymunedau Cymru a Lloegr

Do not drink and drive. It's the only way to stay safe.

Spurs Fyw Live Chat

101

It's not a crime, but it's a nuisance.

#CadwDeCymru'nDdiogel #KeepingSouthWalesSafe

We have been informed by the Police that e-scooters and illegal e-bikes will need to be confiscated and handed over to them if seen on the school site. We would be grateful if you would talk this through with your child and ensure that they are only using legal modes of transport to and from school. Please read the information on this page carefully.

E-BIKES: KNOW THE DIFFERENCE, KNOW THE LAW

- ✓ There are different types of e-bikes.
- ✓ Electrically Assisted Pedal Cycles (EAPCs) can be legally ridden by anyone aged 14+, and do not require road tax, insurance, or a licence - the same as a normal pedal bike.
- ✓ To be classified as an EAPC, a bike must be fitted with pedals that are capable of propelling it, have a maximum continuous power rating via the electric motor not exceeding 250 watts, and all electrical assistance must cut off when the vehicle reaches a speed of 15.5mph.
- ✓ Any other electric bike that doesn't meet the EAPC rules is classed as a motorcycle or moped.
- ✓ Non-EAPCs can only be ridden on public roads if the bike is registered with the DVLA, taxed, insured and used by a rider who holds the appropriate class of licence.
- ✗ Unless the above criteria are met, e-bikes cannot legally be ridden on public roads.
- ✗ Those riding on public roads risk prosecution and having the vehicle seized.

SOUTH WALES POLICE HEDDLU DE CYMRU

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It's not a crime, but it's a nuisance.

#KeepingSouthWalesSafe

@swpolice south-wales.police.uk

BEICIAU ODDI AR Y FFORDD YN ACHOSI NIWSANS?
OFF-ROAD BIKES CAUSING A NUISANCE?

RHOWCH DDIWEDD ARNO DRWY ROI GWYBOD AMDANO!
DON'T PUT UP WITH IT REPORT IT!

MAE ANGEN Y CANLYNOL ARNOM: Disgrifiad manwl o'r beiciau a'r beicwyr

WE NEED: A detailed description of the bikes and riders

Ffoniwch ni ar ☎ 101 neu i roi gwybod yn ddienw, fffoniwch Taclo'r Tacle ar ☎ 0800 555111

Call us on ☎ 101 or to report anonymously call CrimeStoppers on ☎ 0800 555111

SOUTH WALES POLICE HEDDLU DE CYMRU

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101

It's not a crime, but it's a nuisance.

#KeepingSouthWalesSafe

@swpolice south-wales.police.uk

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Social Media

Guidance for Parents

HOW CAN YOU HELP US?



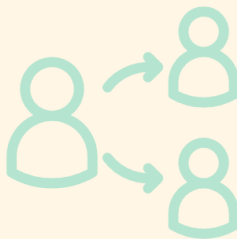
1 Monitoring Online Activity

- 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 101 #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 Ten
Welsh	Phonetic	English
Pwy-wyt-ti?	Poi-oi-t-tee?	Who-are-you?
Sam-ydw-i?	Sam-ud-oo-wee?	I-am-Sam
Sut-wyt-ti?	Sit-oi-t-tee?	How-are-you?
Rydw-i'n.....?	Rud-oo-eeen?	I-am-.....
Hapus?	Happ-is?	Happy

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	Splash 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 Taffie muffin with custard	Fruit jelly	Trifle	Rhubarb crumble with custard	Brownie
	Hot and cold Snacks Meal Deal Snack fruit & muffin £3.55	Cheeseburger £3.00 or Cheese burrito £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	Katsu curry wrap £3.00 or Chicken burger £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	Hotdog £3.00 or Veggie hotdog £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	Reggae Reggae chicken wrap £3.00 or Calzone £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

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.

Our Valued Partners

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SCREEN ALLIANCE WALES

Civil Service

VOCO St. David's Cardiff

BBC

CANOLFAN MILENIWM CYMRU WALES MILLENNIUM CENTRE

ARUP Taylor Wimpey

ccha

JOHN LEWIS & PARTNERS

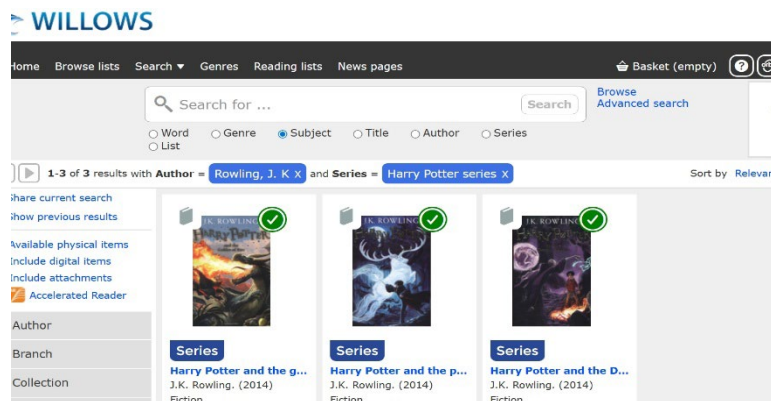
STOWE FAMILY LAW

Willows Library Software: Oliver

We're thrilled to announce that our new library software, **Oliver** is already making a positive impact this academic year!

Oliver gives every student their own personalised page which they will allowing them to **search for books** available on our library shelves, check availability, and even write **book reviews**. As part of our **Readers' Workshop lessons**, pupils will now have the opportunity to use the **library computers** to explore our new library system, **Oliver**.

With guidance from **Miss Davies**, students can search for books that match their interests and reading levels, helping them find the right book for them.



Connected with **Accelerated Reader**, Oliver helps track reading progress and encourages thoughtful engagement with Oliver, every child has the opportunity to find and enjoy the right book for them!

This fantastic online platform is a powerful tool to support our students' reading journey and nurture a lifelong love of books.

Let's get reading, Willows!

Student Librarians for This Week

This week's outstanding readers have impressed Miss Davies with their dedication, respect and love for books.

Each of them will receive a Golden Ticket from Miss Davies in the library as a special recognition!

1. 7MK – Najib Mustakim, 7MC Scarlett Hooper Adama
2. 8PL – Poppy Rees, 8PL -Ayo Olabode
3. 9BE- Aishanur Baurzhan , 9BE –Moahmmed Ali



It is really important that you continue to read at home. We ask that all pupils read for a minimum of 20 minutes a night (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

Our Valued Partners



Adult Learning Classes



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

School Essentials Grant

Registering as eligible for free school meals with your Local Authority unlocks access to the School Essentials Grant. It also means schools get more funding. With the introduction of free school meals for primary pupils, many parents/carers do not realise that schools will lose out unless they continue to register as eligible. Even if you don't need the grant, registering here: <https://www.gov.wales/get-help-school-costs> will mean schools get additional funding.

School Prospectus/Parent handbook (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.

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>



There are also other workshops and websites which may be of help

[Parent Workshop | Supporting your child during exams](#)

Websites

BBC Bitesize - [Top revision techniques for exams - BBC Bitesize](#)

Anna Freud Centre - [Revision and Self-Care | Anna Freud](#)

Young Minds - [Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

Mind - [Tips to help with exam stress - for 11-18 year olds | Mind](#)

Family Lives - [Exam stress | Family Lives](#)

Our Valued Partners



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 Thursday 7th November 2025)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Sarah Awad

Fast Pass +1 Winners

Year 7 winner: Ahmed Magidub, Aaron Driscoll

Year 8 winners: Ayo Olabode, Ethan Watts.

Year 9 winners: Amelia Greedy, Nisa Noor

Year 10 winners: Habib Hussain, Aaron Patrick

Year 11 winners: Daniel Adepeko, Isabelle Jones

Attend Like a Champion!

Our Valued Partners



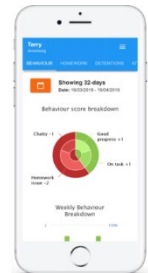
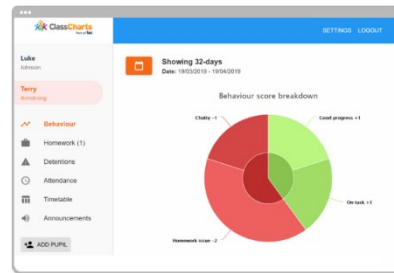
Class Charts

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.



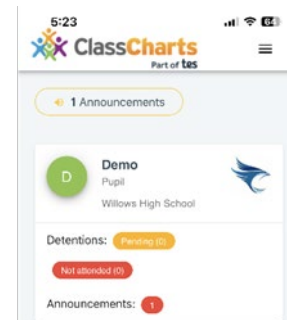
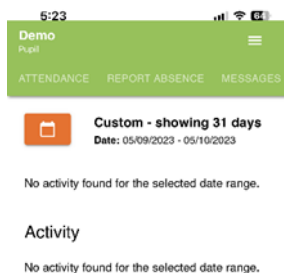
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

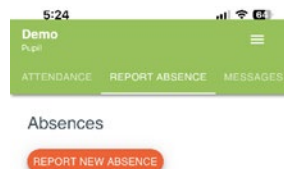
Please let your child's Head of Year know if you need a login code.

How to report an absence on Class Charts

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

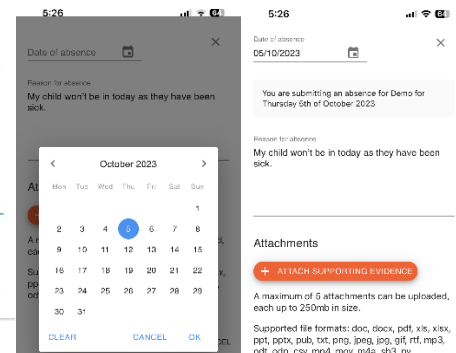
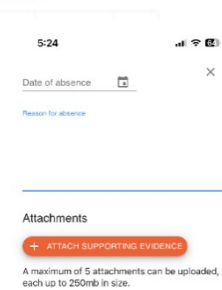


2. Scroll across the green band at the top and click 'report absence'.



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!

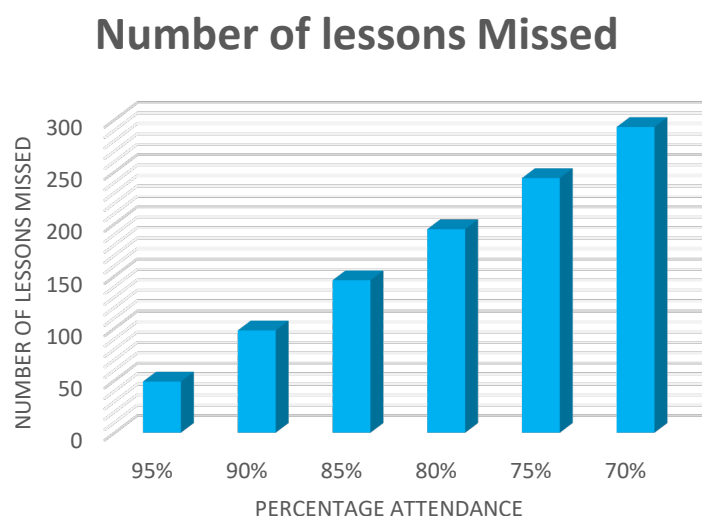
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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.



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.**

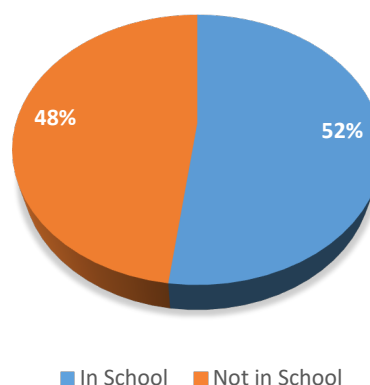
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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



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. conscience
2. environment
3. government
4. graffiti
5. occasion
6. privilege
7. restaurant
8. rhythm
9. truly
10. writing

Our Valued Partners

Uniform Reminder to Parents

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

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

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

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

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

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

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

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

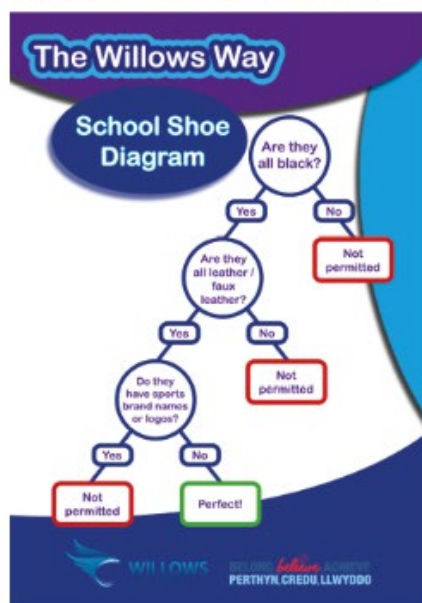
If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer.

P.E. Kit:

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

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

Acceptable shoes flow diagram:



Uniform will be checked during the first line-up of the morning.

Pupils who are not wearing correct uniform will be sent home to either change or collect a part of their uniform that was missing



Hair:
No extreme styles / non natural colours.

Shoes:
Black leather or faux leather shoes or ankle boots only.
No canvas, no trainers, no logos.

Black to go with the uniform.
Leather to be weather resistant.

Our Valued Partners

Mobile phone use in school FAQs

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

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

- Initial offences - Device handed-in, pupil can collect at the end of the same day, Parent/Carer informed.
- Repeated offences – Device handed-in, parent/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?

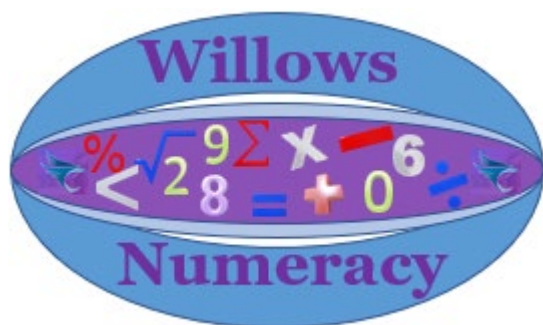
No, we want pupils to communicate with their friends, develop their social skills and be present with each other.

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.



Mathematics Department
Numeracy Enrichment



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

Home | Revision | Worksheets | Maths | Past Papers | Revision Resources | GCSE Maths | Contact

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.

www.mathsdiy.com

MATHS DIY

www.vle.mathswatch.co.uk

MathsWatch

amazon

WJEC GCSE Maths Revision Guide (GCSE Wales) by Richard Parsons and CGP Books | 11.0 | 48 x 26 x 4 cm | 481 | Paperback | £7.50

Save 5% on any 4 qualifying items. FREE delivery Wed, 18 Sept on your first eligible order to UK or Ireland. Or fastest delivery Tomorrow, 16 Sept. More buying choices £3.02 (21 used & new offers)

CGP

GCSE WJEC Mathematics

Exam Practice Workbook (Higher Level)

CGP

GCSE WJEC Mathematics

Exam Practice Workbook (Intermediate Level)

YouTube

BBC Sign in

BITESIZE

KS4 Mathematics Revision Resources

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 10, starting 10/11/25:

To help our pupils boost their mathematical vocabulary and Numeracy skills, the "**Weekly Numeracy Terms**" will be emailed to them and the "**Weekly Numeracy Questions**" will be assigned through Mathswatch, on a weekly basis.

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

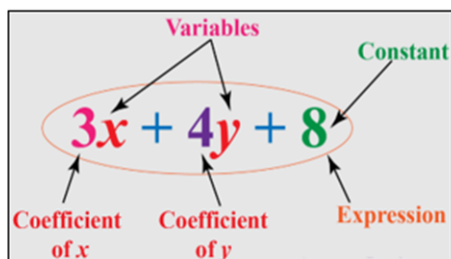
Term of the week 10

Coefficient:

A coefficient is a letter or number representing a numerical quantity attached to a term (usually at the beginning).

For examples:

- x is the coefficient of the expression $(a + b)$: $x(a + b)$
- 3 is the coefficient in the term: $3y$
- Another example below:



Numeracy Terms for week 10

Numeracy Pupils of the Week 9:

👏👏👏 Huge congratulations to our "Numeracy Pupils of the Week"!

A big well done to each of you for setting a fantastic example and proudly representing your year group.

W E E K 9	Year Group	Form	Maths Class	Pupil's Name
	Year 7	7RA	7RA	Saarah Ali
	Year 8	8DB	8R2	Joshua Adekoya
	Year 9	9SU	9R2	Veergun Singh
	Year 10	10HP	10L1	Jack Rhys Drewen

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MathsWatch Homework



All of our pupils' 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 Superstar Mathematicians:

#	First Name	Surname	Year	Class
1	Marc	Antoine Ndongo	7	7FA/Ma
2	Hakeema	Yassin	9	9L2/Ma
3	Aaron	Nicolau	8	8R1/Ma

TimesTableRockstars

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. Similarly to MathsWatch, there will be a leaderboard and certificates to reward their efforts.

WHOLE SCHOOL LEADERBOARD 2025		
Rank	Name	Maths Group
1	Yuhe Bao	7BB/Ma
2	Madison Roberts	7FA/Ma
3	Sahr Arfat	7BB/Ma

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

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VOCO

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Cardiff



ARUP

Taylor
Wimpey



Maths Afterschool clubs

Day	Activity	Teacher/Room
Tuesday Week 1	KS3 7,8 &9	Miss Santos - G14
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

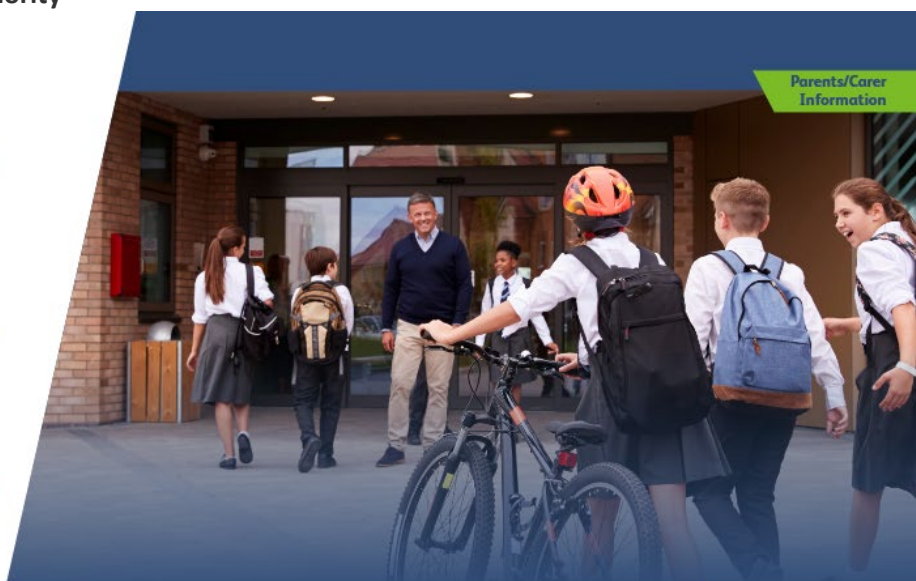
Information from the Local Authority

Guidance Aims

Cardiff Council is committed to keeping your child safe through a fair and consistent approach, and preventing violence and weapons possession in Cardiff. As a Child Friendly City, Cardiff upholds The United Nations Convention on the Rights of the Child (UNCRC) and puts young people at the centre of processes and decisions.

This guidance will be used when a young person is found in possession of a weapon on an education establishment's site either deliberately or unintentionally. Cardiff Council recognised that there are many issues facing young people today and there are many reasons why a young person may carry a weapon. It is expected that there will be a multi-agency approach to support the school or educational setting to identify suitable early interventions and create positive change through the curriculum and the culture of the setting.

Parents/Carer
Information



Weapons in Schools and Educational Settings Guidance

Mae'r ddogfen hon
ar gael yn Gymraeg
This document is
available in Welsh



Cardiff Council have released new guidance to schools regarding weapons in educational settings. The parents' leaflet can be found [here](#).

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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

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.

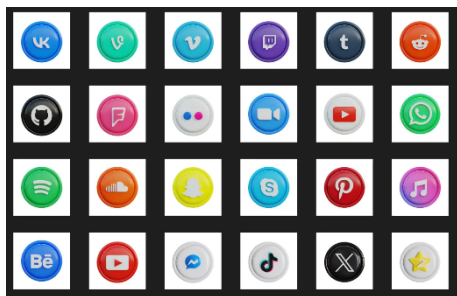
They try to source our products from sustainable and ethical suppliers as much as possible. For any questions, please email them at: ask@splo-down.org

Our Valued Partners



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



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

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 **Willowbank** **Cardiff** **Wales** **Cardiff** **Wales**

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.

Unpaid Carers Morning

Are you caring for a loved one, a family member, friend or neighbour without pay?

Join us for a friendly morning for unpaid carers to relax, chat and connect with others who understand.

UNPAID CARERS MORNING
15 NOVEMBER

GRANGE PAVILION

10-11AM WELLBEING SESSIONS

11-1PM STALLS AND INFO

12-1 LUNCH

SPA VOUCHER AND BUS TRIP SIGN UPS

BOOKING AND INFO:
ADMIN@GRANGEPAVILION.WALES

Gwasanaethau Byr'n Annibynnol
Independent Living Services

Cardiff Council
Cardiff Bay
Cardiff Bay
Cardiff Bay

Cardiff Council
Cardiff Bay
Cardiff Bay
Cardiff Bay

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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

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Measles

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.



We are working in partnership with Cardiff and Vale Health Board, enabling children who have missed their scheduled appointments for MMR (measles, mumps and rubella) vaccines to access this in school.

Measles can be very serious for children, and is very easily passed between people who are not vaccinated. There are currently outbreaks of measles in Wales, so we would encourage families to take up the opportunity of their child getting their MMR vaccination if they are offered it by the Health Board. Please note that if your child is invited and you would like your child to have the MMR vaccine which does *not* contain gelatine (Halal), this will be an option you can choose.

For more information about the MMR vaccine please go to [Measles, Mumps and Rubella \(MMR\) - Public Health Wales \(nhs.wales\)](https://www.nhs.uk/conditions/measles-mumps-rubella/mmr/)

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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SCREEN ALLIANCE WALES

Civil Service

VOCO

St. David's Cardiff

BBC

CANOLFAN MILENIWM CYMRU WALES MILLENNIUM CENTRE

ARUP Taylor Wimpey

ccha

JOHN LEWIS & PARTNERS

STOWE FAMILY LAW

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/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.

A Period Proud Wales

A plan to end period poverty and achieve period dignity in Wales
February 2023 – September 2027



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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.

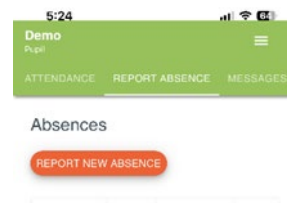
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Diolch

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

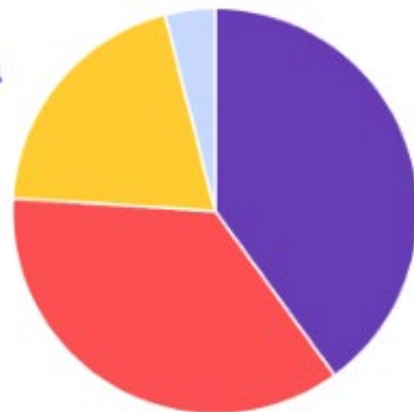
How it works...

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

GambleAware



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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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& PARTNERS

STOWE
FAMILY LAW

Taylor
Wimpey

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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