



WILLOWS HIGH

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Weekly Newsletter – 18.12.2025

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

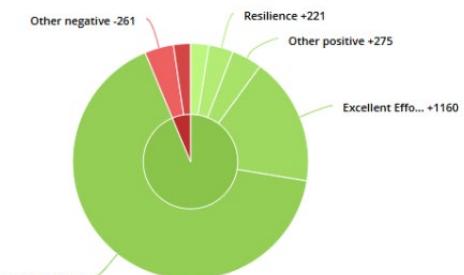


Use Google Translate to change to your preferred language.

Belong, Believe, Achieve:

It's the end of the Autumn Term and what a week it's been! This week, 8DB were the winners of £1000 for their chosen charity, Race Equality First, in our Genius Hour Final and our Year 10 girls won the Interschool Debating Competition. There have been Reward Trips, Silent Discos, Awards Assemblies, Christmas lunches, a Nigerian Cultural Breakfast and a live performance of A Christmas Carol. Thank you to Ms. Amos for our assemblies this week which looked at the range of celebrations that take place at this time of year. That's it for this term, school starts again for all pupils on Monday 5th January. Happy Holiday!

Willows High School Conduct Overview 15/12/2025 - 18/12/2025



Merits: 15.12.25-18.12.25.

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 | 1809 | 7MacArthur | Saarah Ali |
| Year 8 | 1305 | 8Socrates | Riley Shirley/Ariel Okoh |
| Year 9 | 1277 | 9Mozart | Arshia Durani |
| Year 10 | 1018 | 10Cour | Gabriele Busauskaite |
| Year 11 | 773 | 11Curie | Murishidat Bakare |

Dates for your Diary:

- 19th December – Inset Day
- 5th January – Return to School
- 6th January – Year 10 Academic Vocabulary Bee
- 9th January – Year 10 visit to Cardiff University's School of Business
- 12th January – Science Double Award Practical Exams begin
- 14th January – Year 9 Careers Carousel
- 16th January – Year 11 Mock Interviews



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.



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

SOUTH WALES POLICE HEDDLU DE CYMRU

CadwDeCymruYnDdogid # KeepingSouthWalesSafe

28/03/23

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. For more details, please watch this video:

<https://www.youtube.com/watch?v=JBEMhP1Gf6o>.

| | |
|--|--|
| ✓ There are different types of e-bikes. | ✓ Any other electric bike that doesn't meet the EAPC rules is classed as a motorcycle or moped. |
| ✓ 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. | ✓ 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. |
| ✗ 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. | ✗ 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

KeepingSouthWalesSafe

BEICIAU ODDI AR Y FFORDD YN ACHOSI NIWSANS?

RHOWCH DDIWEDD ARNO DRWY ROI GWYBOD AMDANO!

OFF-ROAD BIKES CAUSING A NUISANCE?

DON'T PUT UP WITH IT REPORT IT!

WE NEED:
A detailed description of the bikes and riders

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

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

Ffoniwch ni ar **101** neu i roi gwybod yn ddiwedd, ffoniwch Taclo'r Tacle ar **0800 555111**

CrimeStoppers. **0800 555111**

SOUTH WALES POLICE HEDDLU DE CYMRU

2021 © South Wales Police and Crime Commissioner

On east Wales Police website: www.south-wales.police.uk Signs & Fyw Live Chat 101 999 If it's not safe, report it online: www.south-wales.police.uk If it's not safe, report it online: www.south-wales.police.uk

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Civil Service

VOCO

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CANOLFAN MILLENIWM CYMRU
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ARUP

Taylor Wimpey

ccha

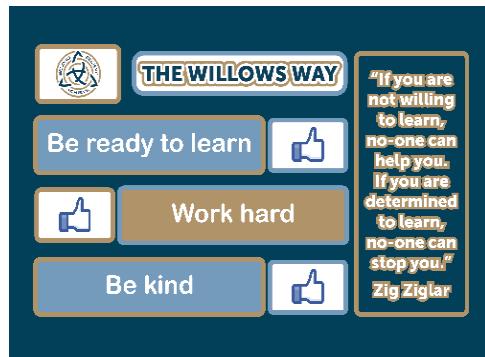
JOHN LEWIS & PARTNERS

STOWE
FAMILY LAW

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.



No Hoodies



When we return for the spring term, we will be having a focus on the wearing of hoodies on the school site. **Hoodies are not part of the school uniform** and should not be worn or brought to school. We would be grateful if families would speak to their children about this and support us in ensuring that our school is hoodie-free.

Pupils leaving during the school day

This is a reminder that all pupils must follow the school's protocol if they wish to go home during the school day. Please would families **not** collect pupils directly without prior approval. If pupils feel unwell or needs to leave for any reason, they must report to on-call, where trained staff will assess the situation and contact home if needed.



Cookstars

Parents and pupils took part in the final session of the after-school cooking course, where they worked together to prepare pizza and fruit crumble. The session was enjoyable and engaging, with families learning new skills while cooking as a team. Everyone involved said they had a great time and thoroughly enjoyed the experience. Parents and pupils expressed how much they valued the opportunity to cook together and commented they would be keen to take part in another course if one becomes available

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Special Resource Base Christmas Swim

This week our pupils made their last visit to the STAR Hyb for their swimming activity.

The pupils had fun playing tag, boat racing with floats and competing in swim races. A huge thank you to the STAR Hyb and instructor Sarah for a fun festive swim!



Genius Hour

This week, the Year 8 pupils were involved in the final of the first Genius Hour Project of the year. Their task, which was run by First Give, was:

- Choose a social issue they felt strongly about.
- Find a local charity connected to that issue
- Design and deliver a presentation to highlight the both the social issue and the work that the charity does.



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The charities the pupils chose to represent were:

- Tremorfa Pantry
- Crimestoppers
- Boomerang Cardiff
- Race Equality First
- YMCA

Members of the chosen charities were invited to attend the presentations and see how hard the pupils had worked. In attendance was Samiul Bakshi from Race Equality First; Stacey Gwilym and Ayeshea Hassan from Boomerang; Jenny Ashton from Tremorfa Pantry and Shauna Brennan from Crimestoppers.

As always, the standard of the work was superb. The pupils had really thought about the various social issues that affect people in the area and had worked hard to design their presentations.



This year the panel of distinguished judges consisted of Miss Bubbins (Deputy Head), Miss Bell (Head of Year 8), Joe Jones (the Curriculum Officer for Cardiff Council) and Helen Williams (the Assistant Director of Education and Lifelong Learning for Cardiff Council).

Each group delivered a really professional talk, highlighting the work of the charity and the various ways in which they had raised money to help. In total, the pupils raised over **£370** from events such as bake sales in their lunch breaks.



Eventually, after much deliberation, the judges decided that the group from 8DB, representing Race Equality First were the winners. This means that R.E.F. receive a cheque for £1000 for their charity.



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Careers - Target Group Talk

This week, Year 11 pupils were given another employer tutor time talk. This week's visitor was Pete O'Connor, the Chief Executive Officer of Target Group.



As always, there was a lot of interest from the pupils, who listened intently to the talk. Pete spoke about his career. Starting with the jobs he had in college, through to his current post, and what it entails. He gave the pupils the following advice when looking for a job.

Some tips

Be open minded on your career and future plans

Build networks and contacts

Build networks and contacts

Work hard

Try new roles / skills

Keep learning

Take onboard feedback

Listen to others

Learn to work as a team

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

Our Valued Partners

Year 8 & Year 9 Academic Vocabulary Bees



Our Bees this week saw yet more fantastic teams and competition from all competitors with brilliant audience participation. The results were so tight, but 9MO and 8DB managed to beat the rest in the bonus rounds to win the top prizes. We're so proud of all who participated.

Performance of A Christmas Carol for Year 9

Year 9 enjoyed a performance of the Dickens classic A Christmas Carol by Quantum Theatre on Wednesday. After studying the story and a sister text, 'Last of the Spirits', for tutor time reading, the pupils are now well stocked up on their cultural literacy! The pupils were an excellent audience and even asked a few questions of the actors at the end, reminding them of the many opportunities in the performing arts that are right here on their doorstep.



Football

We are super proud of our Year 10 boys and the few Year 9s who also played in the match against Plasmawr on Wednesday. Up against a very strong opponent, our team's attitude was spot-on right from the off. A really tight contest, unfortunately we weren't able to bring the victory home. Some superb individual performances from Ishaan and Josh, but it was all about the team tonight. Onwards and upwards.

British Council Foundation Level School Award.



We are proud to announce Willows High School were one of only 3 Cardiff schools to achieve this award!

🏆 Congratulations to the 19 ILG schools (listed below) that recently earned the British Council's foundation-level International School Award. This award recognises their successful completion of an overseas pupil visit as part of an ILG Taith-funded project - an outstanding achievement demonstrating a schools' strong commitment to international learning and collaboration.

https://docs.google.com/presentation/d/1AJt_JgKZL3CzDsmBTDzu0Hn9dpSVkDoT/present?slide=id.g37645525b25_0_38

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SUPPORT OVER THE FESTIVE PERIOD

CEFNOGAETH DROS Y NADOLIG

If Christmas is a hard time for you, it's important to remember that you are not alone.

Os mae Nadolig yn amser anodd i ti, mae'n bwysig cofio nad wyt ti ar ben dy hun.

MIND

0300 102 1234

Hopeline 24/7

0800 068 41 41
Text: 88247

Samaritans

116 123

Childline

0800 1111

Shout

Text 'SHOUT' to 85258

Cardiff Food Bank

02920 484120
info@cardiff.foodbank.org.uk

CALL 24/7

0800 132 737
call@helpline.wales

Safer Wales

02920 220 033

Beyond Blue

1300 22 4636

CARDIFF
YOUTH
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GWASANRETH
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CAERDYDD

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ALLIANCE
WALES

Civil Service

VOCO
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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.

Pupil Email



We ask that families encourage their children to regularly check their school emails for important school information regarding their lessons, assignments, homework, meetings and events. Every pupil has a Willows email account which also provides free access to Microsoft applications such as Word, Excel and Powerpoint. We want our pupils to be fully informed about what's going on and what they need to do.

Friends of Willows

If you'd like to be involved in raising funds to enhance the learning experiences of our pupils, please consider joining our Friends of Willows group. Contact Karen using: karen.hunt@willows.cardiff.sch.uk

We'd love to have you on board.



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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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ALLIANCE
WALES**

 **Civil Service**

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 **Taylor
Wimpey**

 **ccha**

 **JOHN
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& PARTNERS**

 **S
STOWE
FAMILY LAW**

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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Social Media

Guidance for Parents

HOW CAN YOU HELP US?



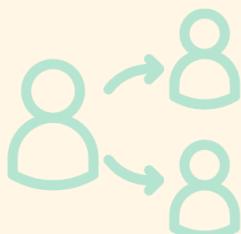
1 Monitoring Online Activity

- 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.

Our Valued Partners

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-Fifteen | | | | |
|--|---------|-------------|-----|----------------------|
| 1✉ | Un✉ | Een✉ | 6✉ | Chwech✉ Chh-weh-chh✉ |
| 2✉ | Dau✉ | Diet✉ | 7✉ | Saith✉ Sigh-th✉ |
| 3✉ | Tri✉ | Tree✉ | 8✉ | Wyth✉ Oi-th✉ |
| 4✉ | Pedwar✉ | Ped-waarth✉ | 9✉ | Naw✉ Now✉ |
| 5✉ | Pump✉ | Pimp✉ | 10✉ | Deg✉ Dehg✉ |

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.



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|---|---|---|---|---|
| Meal of the day £3.55 | Mac & cheese Garlic bread | Chicken稻 with creamy 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 choice of 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 Pean 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 | Holding £3.00 or Veggie holding £3.00 | Beggar's bagge chicken wrap £3.00 or Calzone £3.00 | Cheesy chips & beans £3.00 or Cheese and salsa ciabatta £3.00 |
| Meal Deal Snack fruit & muffin £3.55 | 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 |

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

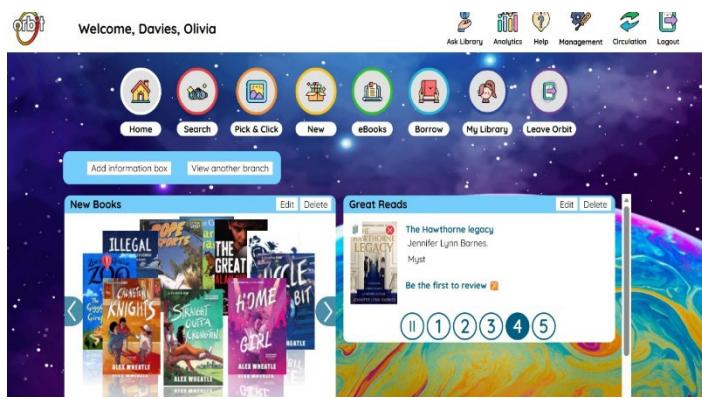
The Learning Lounge is colourful and bright space, with a tea/coffee making utilities, comfy seating, as well as more private areas to sit. We also have a larger area from which adult education and skills building classes and groups are run.



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

Our Valued Partners

Festive Holidays of Reading



As we approach the Christmas holidays, your child will have a range of exciting reading opportunities to keep them busy!

Our school library system, Oliver, allows students to browse and search for amazing new books, as well as request and reserve their all-time favourites. When your child finishes a book, they can complete a book review to inspire others to give that book a try!

Miss Davies, the school librarian, will make sure every student has a book to enjoy over the holidays.

In addition, students will have access to E-platform, our eBook library software, giving them even more options and availability.

Students can access Oliver by logging into their Outlook emails and clicking on the link sent by Miss Davies to their specific class. Miss Davies and Miss Nelms from the English department will also have students' E-platform logins, so please make sure your child takes advantage of this fantastic opportunity!

Let's get reading, Willows!

Readers of the Week

We are delighted to announce this week's chosen pupils for *Top Readers of the Week*. These students have shown outstanding dedication to their reading and demonstrated the highest standards to Miss Davies and their peers.

As a reward for your fantastic achievement, you will receive a Golden Ticket from Miss Davies in the library. Keep up the amazing work!

Well done to you all

Year 7

7Ed Tiffany Pacanova-Rebova , 7FA Patrik Dzuga

Year 8

8SO Isla Mardon, 7SO Harrison Richards-Greenslade

Year 9

9BE David Cowell, 9NO Talia-Jade Price

READ

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ALLIANCE
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Civil Service

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CYMRU
WALES
MILLENNIUM
CENTRE

ARUP

Taylor
Wimpey

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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=CrulgjNZXHg>



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](#)

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Civil Service

VOCO
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St. David's
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BBC

**CANOLFAN
MILENIWM
CYMRU**
WALES
MILLENIUM
CENTRE

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Wimpey**

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**JOHN
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& PARTNERS**

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FAMILY LAW

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.



#EveryDayMatters

www.cardiff.gov.uk/schoolattendance



Attendance Draw Winners (week ending 12th December 2025)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Rana Abdelhaleem

Fast Pass +1 Winners

Year 7 winner: Lexi Gethin, Amelia Pritchard.

Year 8 winners: Seren Poole, Abdullah Abubakar.

Year 9 winners: Haniya Hussain, Wasim Navid.

Year 10 winners: Miriam Geciova, Bella Hewett.

Year 11 winners: Aisha Abdi, Sanjeeda Begum.

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.



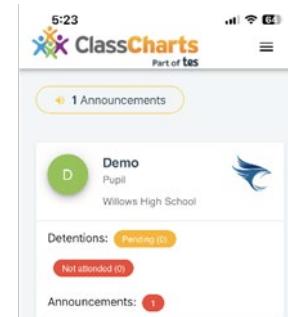
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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'.

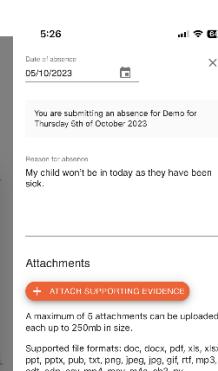
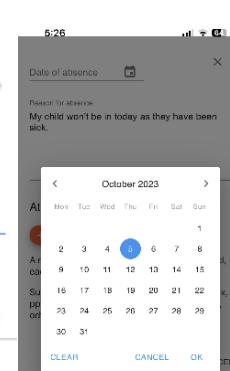
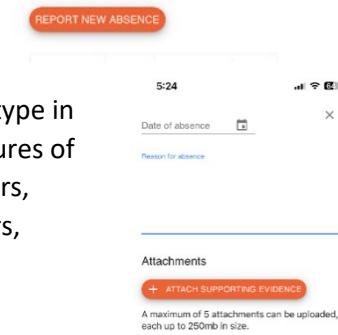
No activity found for the selected date range.

Activity

No activity found for the selected date range.



3. Click on 'report new absence'



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

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

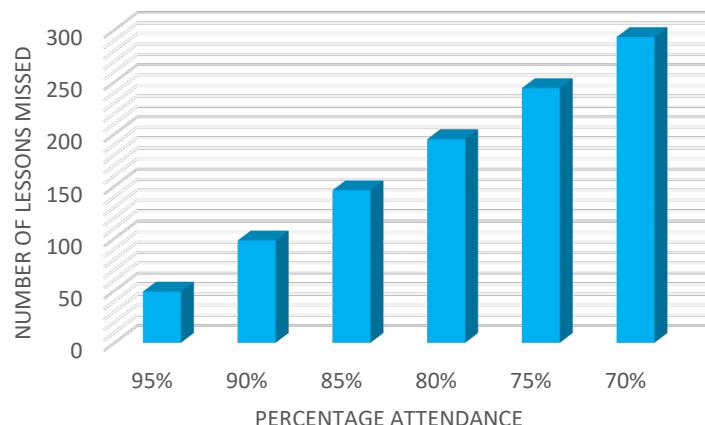
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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Important information about attendance to school

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

Number of lessons Missed



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.

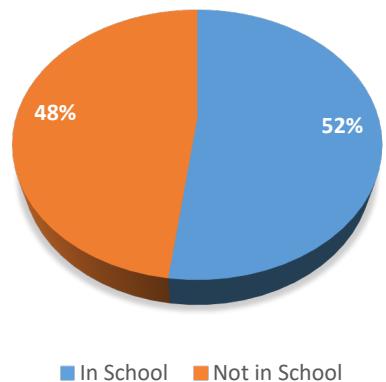
Unfortunately, this doesn't translate to your child's attendance.

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

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

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.

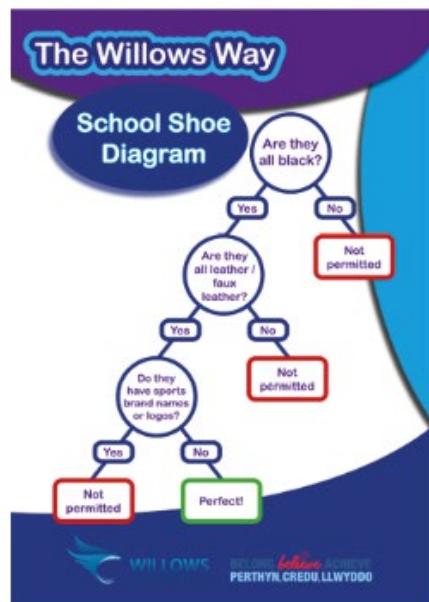
P.E. Kit:

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:



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.



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

Mobile phone use in school FAQs

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

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

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

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

11 to 17 years

YOUR TIPS FOR A HEALTHIER SCREEN TIME

RECOMMENDATIONS:

- 1 WAKING UP WITHOUT screens
- 2 SCREEN TIME
- 3 STAY ACTIVE
- 4 SCREEN-FREE time together
- 5 Be careful of violent or frightening content especially before bed.

HEALTH PROFESSIONALS FOR SAFER SCREENS

QR code: SCAN ME

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?

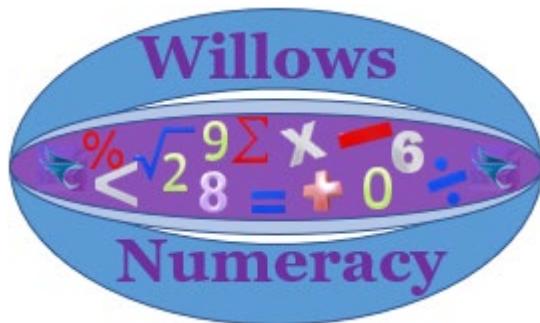
No, we want pupils to communicate with their friends, develop their social skills and be present with each other.

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 Enrichment



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 2:

Year 7: Monday 16th March

Year 8: Tuesday 17th March

Year 9: Wednesday 18th March

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.

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.

| <p>www.revisegcsemaths.co.uk</p> <p>GCSE MATHS REVISION</p> <p>Revision by topic, worked examples and past papers for WJEC (Wales) GCSE exams in Mathematics, Maths Numeracy and WJEC Level 2 Additional Maths.</p> | <p>KS4 Mathematics Revision Resources</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|----------------------|----------|--------------|---------|-----|-------------------|--------|--------|--|---------|-----|----------------------|--------|-----|--|---------|-----|---------------------|--------|-----|--|-----------|-----|-------------------|--------|-----|--|---------|-----|---------------------|--------|--------|--|
| <p>www.mathsdiy.com</p> <p>MATHSDIY</p> | <p>Maths Afterschool clubs</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>www.vle.mathswatch.co.uk</p> <p>MathsWatch</p> | <table border="1"> <thead> <tr> <th>Day</th> <th>Activity</th> <th>Teacher/Room</th> </tr> </thead> <tbody> <tr> <td>Tuesday</td> <td>KS3</td> <td>Miss Santos - G14</td> </tr> <tr> <td>Week 1</td> <td>7,8 &9</td> <td></td> </tr> <tr> <td>Tuesday</td> <td>KS4</td> <td>Mrs Ait-Brahim - G17</td> </tr> <tr> <td>Week 1</td> <td>All</td> <td></td> </tr> <tr> <td>Tuesday</td> <td>KS4</td> <td>Miss Wrennall - G15</td> </tr> <tr> <td>Week 2</td> <td>All</td> <td></td> </tr> <tr> <td>Wednesday</td> <td>KS4</td> <td>Miss Koncar - G19</td> </tr> <tr> <td>Week 2</td> <td>All</td> <td></td> </tr> <tr> <td>Tuesday</td> <td>KS3</td> <td>Miss Richmond - G20</td> </tr> <tr> <td>Week 2</td> <td>7,8 &9</td> <td></td> </tr> </tbody> </table> | 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 | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>amazon</p> <p>GCSE WJEC Mathematics</p> <p>The Revision Guide for WJEC GCSE Mathematics</p> <p>GCSE WJEC Mathematics</p> <p>Exam Practice Workbook (Higher Level)</p> | <p>Year 11 - November Exams - 2025</p> <p>Numeracy Unit 1 - 4th November</p> <p>Numeracy Unit 2 - 6th November</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>YouTube</p> <p>BBC</p> <p>BITESIZE</p> | <p>Year 11 - Summer Exams - 2026</p> <p>Resit Numeracy Unit 1 - 7th May</p> <p>Resit Numeracy Unit 2 - 3rd June</p> <p>Mathematics Unit 1 - 14th May</p> <p>Mathematics Unit 2 - 10th June</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <p>Year 10 - Summer Exams - 2026</p> <p>Mathematics and Numeracy Unit 1 - 12th May</p> <p>Mathematics and Numeracy Unit 2 - 4th June</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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

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Weekly Numeracy Terms of Week 15, starting 15/12/2025:

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

Numeracy Terms of the week 15

Sum, Product, Quotient and Difference:

Sum: the total amount resulting from the addition of two or more numbers.
Example: 10 is the sum of 6 and 4. ($6 + 4 = 10$).

Product: The result obtained through multiplication of two or more numbers.
Example: 12 is the product of 3 and 4. ($3 \times 4 = 12$).

Quotient: The result obtained through division of two numbers.
Example: 6 is the quotient of 24 and 4. ($24 \div 4 = 6$).

Difference: The difference is the answer to a subtraction problem, in which one number is taken away from another.
Example: 20 is the difference of 24 and 4. ($24 - 4 = 20$).

Numeracy Terms

for week 15

Numeracy Pupils of the Week 14:

 **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 14 | Year Group | Form | Maths Class | Pupil's Name |
|------------------------|---------------|------|----------------|------------------------------|
| | Year 7 | 7FA | 7FA | Ellen Aldaghir |
| | Year 8 | 8PL | 8L1 | Mamadu Sumare |
| | Year 9 | 9NO | 9L2 | Joseana Dos Santos Frederico |
| | Year 10 | 10IN | 10R2 | Abbas Mohammed Ali |

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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:

| Rank | Name | Maths Group |
|------|-------------------|-------------|
| 1 | Seren Poole | 8L3/Ma |
| 2 | Nikola Lakatosova | 8L3/Ma |
| 3 | Lexi-Mae Garland | 8L3/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 pupils have 5-10minutes daily tasks on there to help consolidate their times tables. It will also earn them coins to use for customising their own individual avatars. Similarly to MathsWatch, there will be a leaderboard and certificates to reward their efforts.

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

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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 | |

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.



Weapons in Schools and Educational Settings Guidance

Mae'r ddogfen hon
ar gael yn Gymreig
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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Cardiff



CANOLFAN
MILENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

Taylor Wimpey



JOHN LEWIS & PARTNERS



Community

You will find plenty of information on community and local goings-on at:

[The Community Noticeboard » Green Squirrel](#)



[Inksplott | Community Is Everything](#)

The Splott Community Volunteers run a community breakfast on Thursday Mornings 8am – 10am in The STAR Centre, Splott Road, Splott CF24 2BZ.



If you have any of the following spare, please drop them off at the school reception so that we can help Splott Community Volunteers provide food for those in need:

- **Tins:** rice pudding, custard, tuna, chopped or plum tomatoes, soup, any meals in tins
- **Cereals:** corn flakes, bran flakes, rice crispies, shreddies, weetabix
- **Dried items:** pasta, rice, noodles

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

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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 'sextortion' 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



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.

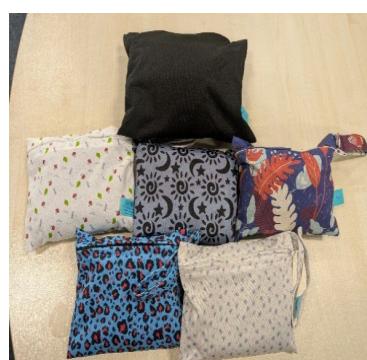
Your child's Head of Year and the Welfare Team can also help. Please do not suffer alone. Reach out to us.

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

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.

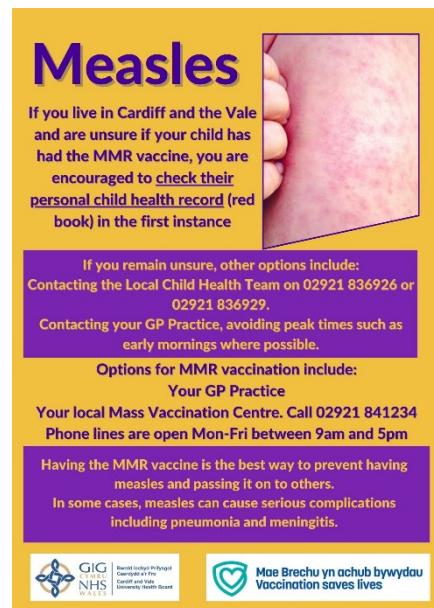
Citizens Advice



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

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.

GIG GIG Cymru NHS Wales
Mae Brechu yn achub bywydau
Vaccination saves lives

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.wales.gov.uk/govuk/measles-mumps-and-rubella-mmr-public-health-wales-nhs-wales/)

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

| | | |
|--|---|--|
|  MOLLUSCS 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.

Our Valued Partners

Chat Health

A reminder that all secondary school pupils can contact 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.

Our Valued Partners

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://cardifyouthservices.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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ALLIANCE
WALES**

Civil Service

VOCO
AN INN HOTEL
St. David's
Cardiff

BBC

**CANOLFAN
MILENIWM CYMRU**
WALES MILLENNIUM CENTRE

ARUP

**Taylor
Wimpey**

ccha

**JOHN
LEWIS
& PARTNERS**



Diolch

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

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 |

Have an amazing end of term break and we'll see you all again in 2026!

Team Willows

Our Valued Partners

SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly
cash prizes

£25,000
jackpot



YOUR
SCHOOL
LOTTERY



Splitting the £1.00

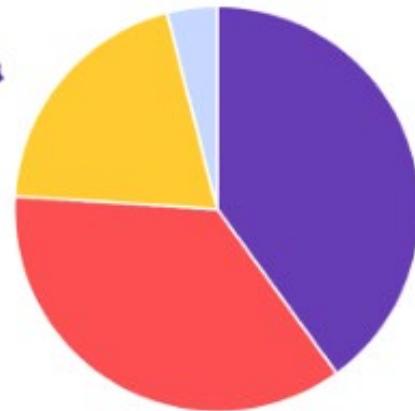
How it works...

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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ARUP

Taylor
Wimpey



JOHN
LEWIS
& PARTNERS



THE WILLOWSWAY

Extra-Curricular Activities – 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. |
| | 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 |
| After school clubs | 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 | |

Our Valued Partners

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

Subject to change – Updated Weekly



| 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



WILLOWS
HIGH

THE WILLOWSWAY

| | 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 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 | 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 |
| Meal Deal Snack fruit & muffin £3.55 | | | | | |

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