



WILLOWS HIGH

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Weekly Newsletter – 30.01.2026

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

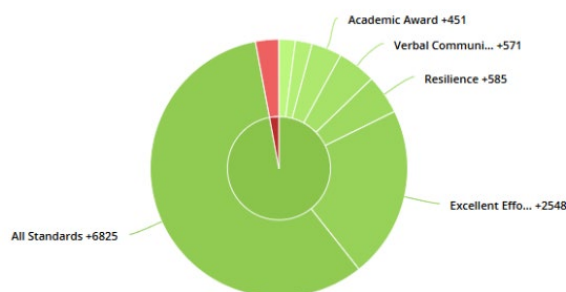


Use Google Translate to change to your preferred language.

Belong, Believe, Achieve:

This week, our pupils have been working through their Science Practical Exams, competing in Debate & Padel tournaments and celebrating the Sri Lankan culture at one of our breakfasts. Our assemblies this week have been run by Mr. Henwood and have been raising awareness of the Holocaust.

Breakdown of the Week
26/01/2026 - 29/01/2026



Merits: 26.01.2016-30.01.2026.

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	2992	7MacArthur	Deya Eiden Bilal
Year 8	2718	8DeBeauvoir	Codi Shanahan
Year 9	2174	9Sutherland	Milan Sehna
Year 10	1261	10Hepworth	Amelia Leonard
Year 11	2327	11Curie	Saedhadi Haedari

Dates for your Diary:

- 5th February – Hays Scribblers' Tour (Group A)
- 6th February – Welsh Music Day
- 6th & 11th February – Year 11 Senedd Workshop
- 12th February - Hays Scribblers' Tour (Group B)
- 12th February – Year 11 Parents' Evening (in school)
- 13th February – Chinese New Year Cultural Breakfast
- 14th – 22nd February – Spring Half Term
- 23rd February – All pupils return to school



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VOCO

St. David's
Cardiff

B B C



ARUP

Taylor
Wimpey





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.



E-SGWTERI: 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 (nac unrhyw fannau cyhoeddus eraill fel llwybrau troed, palmentydd 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

Commodore Sir Huw Iwan Jones and Crime Commissioner

On road, off road, always follow the rules. Signers Fyw Live Chat 101

#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. For more details, please watch this video:

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

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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#KeepingSouthWalesSafe

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 Tacklo'r Tackle ar ☎ 0800 555111

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

SOUTH WALES POLICE HEDDLU DE CYMRU

CrimeStoppers. 0800 555111

100% Denial. 100% Anonymous. 100% Free.

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SCREEN ALLIANCE WALES

Civil Service

VOCO St. David's Cardiff

BBC

CANOLFAN MILENIUM CYMRU WALES MILLENNIUM CENTRE

ARUP Taylor Wimpey

ccha

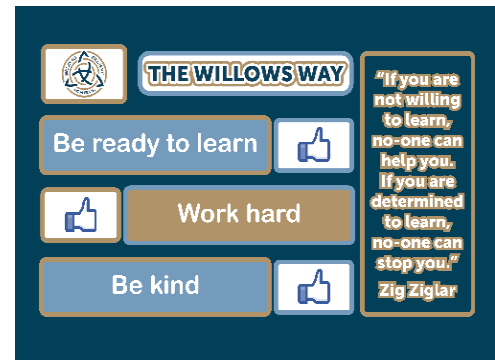
JOHN LEWIS & PARTNERS

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.



Engineer talk



This week, Year 11 pupils were given another employer Tutor Time Talk. This week's visitor was Simon Walker from Captemini. He is an engineer who explained to the pupils what the industry involves and what he does on a daily basis. The pupils were surprised by how many different roles exist in the engineering industry. He then gave them examples of different routes into the industry, such as Science A Levels and/or BTEC.

As always, there was a lot of interest from the pupils, who listened intently to the talk and asked relevant question

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

Pickleball

It was a great day for our Year 9 Pickleballers, trying their hand at Padel on Thursday. Competing against a number of schools across Cardiff in the Jason Manford Padel Academy School tournament. A trip to Spain was up for grabs for all competitors. Despite some excellent performances, we won't be eating Paella and drinking Sangria in the sunshine anytime soon. Our A team came 4th out of 10 and the B team came 9th. An impressive first time out.



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Seren Debate Finalists!

Four of our outstanding Year 9 pupils were recently crowned Cardiff regional winners in the Seren Debate League, delivering performances that truly impressed the judging panel.

In a highly complex and challenging debate round, they narrowly missed out on victory to represent Wales against Llantwit Major by only a few marks, an incredibly close result that reflects just how exceptional both teams were. The judges praised our pupils for their confidence, clarity and depth of understanding, commending them all for the maturity and skill they demonstrated throughout.



We are immensely proud of their achievement and the positive example they continue to set for our school community.

Results Table			
Willows	254	242	496
Bishop	245	236	481
Corpus	235	244	479
Plasmawr E	238	224	462
Cathays	198	216	414
Plasmawr W	214	199	413

Urban Debate League 2026 Round 1

Nearly 30 of our pupils took part in the Urban Debate League hosted at Cantonian High School, representing our school with enthusiasm and professionalism.

We entered four teams into the competition, and in both the first and second rounds, three out of the four teams won their heats, showcasing impressive reasoning and public-speaking skills.

While we await the final results, we could not be prouder of how they conducted themselves throughout the event. Every pupil demonstrated fantastic sportsmanship, shaking hands with opponents, offering encouragement, and celebrating each other's efforts. It was a wonderful afternoon that highlighted their teamwork, maturity, and passion for debating.



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The Tasty Careers Schools Challenge



The Tasty Careers School Challenge is a national initiative, primarily in Wales and expanding to England, that challenges students to create, design, and market a new, sustainable and healthy food or drink product. This National Skills Academy Food & Drink programme encourages innovation, teamwork, and explores careers in the food industry, it was launched to tackle stereotypes about jobs in the food sector, the initiative helps pupils understand the wide range of roles available in the industry, including manufacturing, research, and sales.

Our pupils have been working closely with St. David's Hotel, they were put forward for an award at the 'Valued Partner Awards at the Senedd this Wednesday and won 'Best Ongoing Relationship with a School', Sian Lloyd presented the award, huge congratulations!

The valued business award is a way for Careers Wales to recognise and thank the business' that have worked closely with them, it celebrates the work employers have done to help schools and help young people link what they learn in school and the world of work.

The BBC got an award last year for their work with Willows High School:

<https://careerswales.gov.wales/news/valued-partner-awards-2025-winners-revealed>

No Hoodies

This term we are 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.



The Little Mermaid



Tickets are now on Parent Pay for our production of The Little Mermaid



Dates - Monday 23rd & Tuesday 24th February (if ticket sales go well, we will add the Wednesday)

Price - £2 child £4 adult.

Time - 5pm - 6.30pm

Please come and support if you can, it is looking amazing and our pupils have been working so hard!

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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.

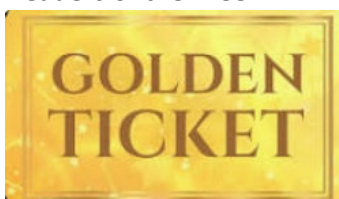
If pupils feel unwell or needs to leave for any reason, they must report to on-call, where trained staff will assess the situation and contact home if needed.

Arbor

All schools in Cardiff are switching to a new management information system called Arbor this year. Willows moved over to this system on 5th January. As a result, there may be a disruption in your ability to track your child's attendance in Classcharts. We will still be using Classcharts to track behaviour and send announcements, so please ensure that you are signed up to the app and that we have your correct contact information.



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 their homework and demonstrated the best standards to Miss Davies and their peers during the Readers Workshops Sessions.

As a reward for your fantastic achievement, you will receive a Golden Ticket from their Heads of Year in line up! Well, done to you all!

Year 7

7BB- Soliman Alkhalawi Alsuhou Alanizi, 7BB – Sahr Arfat

Year 8

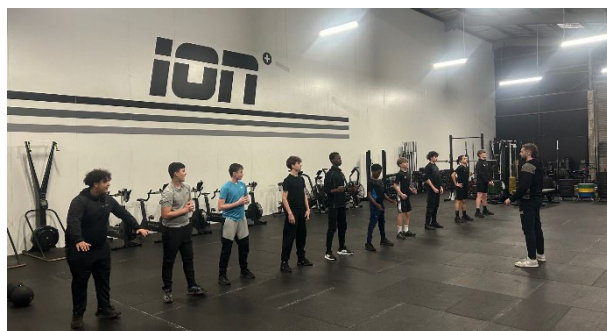
8DB-Anas Ashik, 8DB-Aneta Geciova

Year 9

9MO-Jacob O'Brien , 9MO-Hakeema Yassin

Ion Horizon Fitness

Our Year 9s enjoyed their Ion Horizon Strength and Conditioning sessions this week. Girls attended Tuesday, Boys on Friday, and were put through their paces, testing vertical jumps, grip strength and learning new movements to safely prepare them for lifelong health and fitness.



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Afterschool Fun at The Willows Library

The Willows Library offers a range of afterschool activities every day from 3:10pm to 4:00pm. These sessions are open to pupils looking for a calm, welcoming space to unwind, have fun and try something new at the end of the school day.

With something different on offer each day, pupils can drop in to enjoy activities that support learning, creativity, and wellbeing all in the relaxed environment of the library.

Monday is Computers & Gaming Club

A chance to enjoy computer activities and popular games such as Minecraft, while building digital skills in a fun and social way.

Tuesday is Carousel Activities & MathsWatch Support

Tuesday is based around homework and pupils will have support with MathsWatch and Carousel from Miss Davies and can access all resources and guidance to help boost their confidence and better their knowledge and understanding with the work.

Wednesday is Board Games & Colouring

A laid-back session perfect for relaxing with friends, playing board games, or enjoying some creative colouring in a positive environment. An opportunity to make new friendships also!

Thursday is Film Club

Open to all year groups, Film Club is a great opportunity to watch a selected film together in the library. Pupils can also share their thoughts by writing film reviews afterwards.

Friday is Wellbeing Reading

A calm and cosy end to the week, where pupils can enjoy quiet reading time and explore a wide range of books to suit all interests and abilities.

The Library Afterschool Activity Schedule will be displayed outside The Willows Library so pupils can easily see what's on each day.

We look forward to welcoming our pupils throughout the week and making the library a space they enjoy spending time in after school.

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Y·Cryw·Cymraeg[®]

(The Welsh Crew)



What is the Cryw Cymraeg?

The Cryw Cymraeg is a student body that promotes the use of the Welsh language and supports the Welsh Department at Willows High School.

Who Can Participate?

The Cryw is made up of students from every year group. The Cryw is inclusive, and offers all students the chance to join. We enrol dynamic, enthusiastic, committed and kind students. Qualities necessary for members of the Cryw are:

- Leadership Skills—Students are required to work independently and lead groups of Cryw members. Members will also be representatives of the Welsh department and our school.
- Communication Skills—Pupils will be required to give presentations, hold assemblies and share ideas during meetings. Pupils will also support students and teachers when using the Welsh language.
- Responsibility—Students will be responsible for carrying out activities and events across the school. Reliability and responsibility are required to ensure that duties are carried out effectively.
- Commitment—Members of the Cryw must be committed to the cause of earning Cymraeg Campus awards. The bronze, silver and gold award each have different targets and requirements.

Duties and Responsibilities of the Cryw Cymraeg

- You will promote the Welsh language and its use across the school.
- You will present a Welsh culture segment during assemblies.
- You will track progress towards completion of aims.
- You will attend regular meetings to discuss ideas, progress and set new targets.
- You will monitor the amount of the Welsh language being used across the school.
- You will represent the school when promoting 'Cymraeg Campus'.
- You will support the Welsh department to celebrate Welsh cultural celebrations including:

25th Jan – Diwrnod Santes Dwynwen (St Dwynwen's Day)

9th Feb – Welsh Music Day

1st March – Dydd Gwyl Dewi (St David's Day)

14th Oct – Diwrnod Shwmae

21st Oct – Aberfan Disaster remembrance

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What are the benefits of joining the Cryw Cymraeg?

The Cryw Cymraeg is an extra-curricular activity which builds character, leadership skills, decision-making skills, organisation skills and responsibility. You will also have the chance to make a good group of friends.

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Willows Welsh

The Cryw Cymraeg are recruiting new members from years 7 and 8.

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- If you have read the duties and responsibilities of Cryw members, and are interested in joining, then please collect an application form from G7 or G8.

¶

- We meet every Tuesday morning at 9am to discuss on-going events and current aims.

¶

- If you have any questions, please pop in to see Mrs Rees and she will be happy to help you.

¶

Diolch yn fawr

¶

¶



Willows Welsh

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January 2026

IMPORTANT SAFETY NOTICE REGARDING THE ELECTRIFICATION OF THE CORE VALLEY RAILWAY LINES

Transport for Wales is delivering Metro, the biggest upgrade to public transport in South-East Wales for a generation. Over the last few years, we have completed a significant amount of construction, engineering, and infrastructure work to upgrade our rail network so that it's ready for Metro. We've now successfully electrified the Aberdare, Coryton, Merthyr Tydfil, Rhymney and Treherbert lines.

As part of the South Wales Metro project, we've installed overhead line equipment (OLE) from Cardiff Queen Street to Cardiff Bay. This equipment will power our brand-new electric trains, due to be introduced this year.

Electrification of the Cardiff Bay line

This letter is to notify you that the Cardiff Bay line (from Cardiff Queen Street to Cardiff Bay station) is due to be **electrified in the coming weeks**. This means the power will be switched on and available to be used. The overhead power lines that carry 25,000 volts will be 'live', making it extremely dangerous for any persons to come close to the overhead wires or any associated part of the structures. This includes the supporting masts, switch feeds and cables.



Example of Overhead Line Equipment:

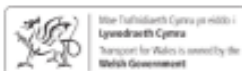
1. Steel mast supporting the OLE equipment.
2. Cantilever 'arm' that carries the wires
3. Overhead wires that carry 25,000 volts
4. Earth wire attached to the steel mast.

The overhead power lines are always on and electricity can jump. For your safety, please maintain a safe distance from the overhead wires.

It is also extremely dangerous to trespass on the railway, as over the coming months we will be testing our new trains across the network, and these train movements do not always appear on our information boards or online journey planners. We will also be continuing to carry out infrastructure work to improve our rail lines, where we will be using heavy machinery on the tracks.

Whilst there is no danger to people using the railway correctly, anyone who does not respect the railway boundary, the fence line that protects both people and the operational railway from deliberate or accidental trespass, are placing themselves at risk.

We have a duty of care to contact all educational institutions, including primary and secondary schools, within 2.5 miles of the railway line prior to the energisation date. We would be grateful if this information can be shared with staff, parents



Cwmni Cyfyngedig drwy Warrant, Cofrestrwyd yng Nghymru, Rhif Cwmni 09476013.
Cyfeiriad Swyddfa Golffredig: 3 Llys Cadwyn, Pontypridd, CF37 4TH
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and students to ensure that no unauthorised personnel attempt to trespass onto the railway line.

School safety talks

Our safety education provider, Bollo will be in contact shortly with an offer to deliver safety talks and assemblies to your students on the dangers of railway trespass and overhead line equipment as we prepare for the energisation of the Cardiff Bay line.

We urge you to take up this opportunity when it is offered to you, to ensure that your students are made aware of the dangers of trespassing onto the railway line. As the majority of students likely have never seen OLE on the railway line previously, it is important that they are made aware of the dangers of coming into close contact with this equipment.

You may have already been contacted or have had talks delivered to your students, however if you have any questions, please contact us at engagement@tfw.wales.

To ensure that you have received this information, please provide written confirmation to acknowledge receipt of this letter and whether you require further information. You can contact us either via engagement@tfw.wales or through our customer relations team who are available 24/7 on 033 33 211 202. Alternatively, you may contact us via WhatsApp on 07790 952507 (0700-2000 on Monday to Friday, and 1100-2000 on Sunday).

More information

You can read more about OLE at tfw.wales/overhead-line-electrification.

Information on our educational safety campaign, 'No Second Chances' can be found at tfw.wales/no-second-chances.

Yours faithfully,
 Engagement Team
 Transport for Wales



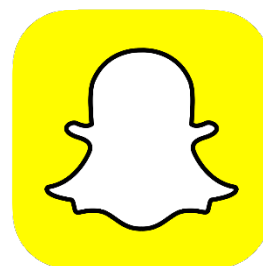
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Dangers of Snapchat

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.

To 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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VOCO St. David's Cardiff



ARUP Taylor Wimpey





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 St. David's Cardiff



ARUP Taylor Wimpey



Homework: Carousel Learning

Carousel Homework is on Friday, Miss Davies will email each class directly with their assigned work.



Students are always welcome to use the library space to complete their homework, where they can also receive support from Miss Davies if needed.


It is important that students complete their Carousel homework, as it helps prepare them for exams and ensures they stay on track with their work in class.

Teachers will go over their Carousel questions during lessons to challenge the students' understanding.

If there are any issues with your child accessing Carousel, please ask them to see Miss Davies in the library for support.

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 & Wellbeing	
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



Cardiff Metropolitan University

Prifysgol Metropolitan Caerdydd

FREE

Revision Skills Sessions

Tuesday 10th February
4.30pm - 7.30pm
Cyncoed Campus

Target audience: Suitable for all students in years 10-13

What will you gain?

Metacognition and retrieval practice


- Learn how to learn using techniques to improve memory, focus and exam performance


Team building techniques for parents and students

- Learn practical strategies to support both parents and students to work together effectively

1-year free access to the Positively You Online Hub

- On-going access to support, resources and tools to boost motivation and support learning





Willows Homework Small Tasks, Big Impact!

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VOCO
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Taylor Wimpey



Social Media

Guidance for Parents

HOW CAN YOU HELP US?



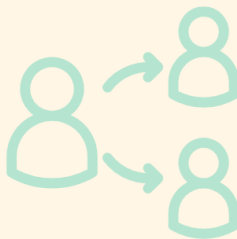
1 Monitoring Online Activity

- 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 Nineteen	
1st	Un	Een	6th	Chwech	Chh-weh-chh
2nd	Dau	Die	7th	Saith	Sigh-th
3rd	Tri	Tree	8th	Wyth	Oi-th
4th	Pedwar	Ped-waar	9th	Naw	Now
5th	Pump	Pimp	10th	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.

The Willows Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
Meal of the day £3.55	Mac & cheese Garlic bread	Chicken Kiev with cheesy vegetables mashed potatoes	Hunter chicken served with herb rice	Chicken Tikka curry Naan bread	Fish fillet Salmon fishcake (every other week)
Vegetarian option	Mac & cheese Garlic bread	Cheese, leek and potato pie with cheesy vegetables mashed potatoes	Red pesto & roasted veg pasta	Veggie Tikka curry Naan bread	Spinach ricotta tortellini in a mushroom cream sauce
Sides of the day	Peanut / 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	Trolley muffin with custard	Fruit jelly	Trifle	Rhubarb crumble with custard	Brownie
Hot and cold Snacks	Cheeseburger £3.00 or Cheese burrito £3.00	Katsu curry wrap £3.00 or Chicken burger £3.00	Hotdog £3.00 or Veggie hotdog £3.00	Biggie Baggie 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

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SCREEN
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WALES

Civil Service

VOCO
St. David's
Cardiff

BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP Taylor
Wimpey

ccha

JOHN
LEWIS
& PARTNERS

S
STOWE
FAMILY LAW

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.



Llywodraeth Cymru
Welsh Government

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](#)

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Attendance

Contact Details - Willows High School

To Report an Absence:

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

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

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

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

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



Attendance Draw Winners (week ending 23rd January 2026)



Fantastic Friday Weekly Draw - £50 of Amazon vouchers

Winner: Kian Pell

Fast Pass +1 Winners

Year 7 winner: Emilia Collins, Bradley Kalle

Year 8 winners: Emmanuel Imade, Ethan Higgins, Ahmad Hussain.I

Year 9 winners: James Cowell, James Cox.

Year 10 winners: Areef Alqahtani, Miriam Geciova.

Year 11 winners : Daniel Tovey, Grace Cox.

Attend Like a Champion!

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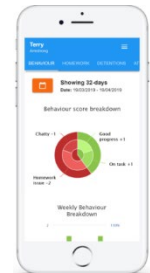
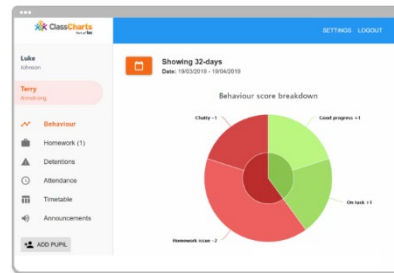


Class Charts

What is Class Charts?

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

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



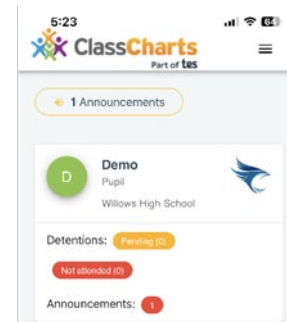
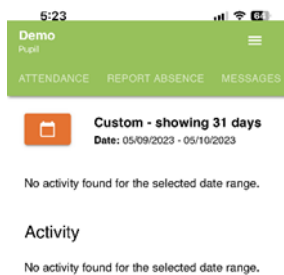
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. At the moment, this will also be the main way that you can report your child's absence to us.

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

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

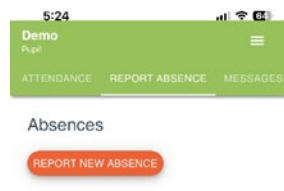
How to report an absence on Class Charts

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

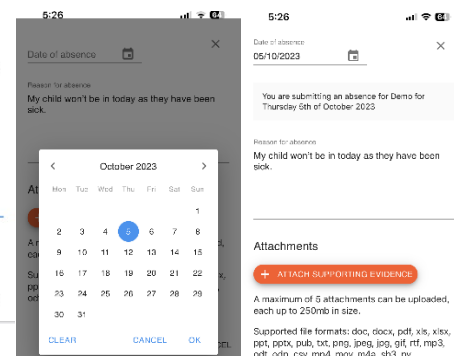
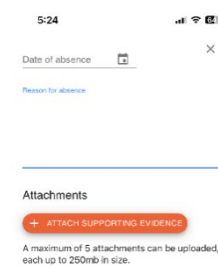


2. Scroll across the green band at the top and click 'report absence'.

3. Click on 'report new absence'



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



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

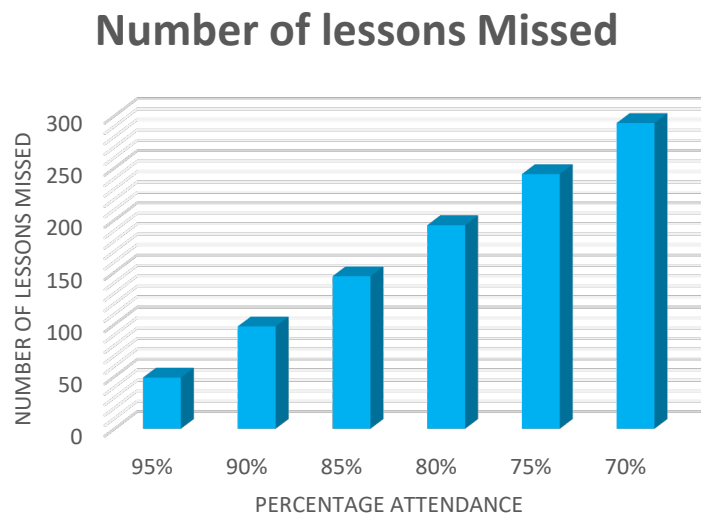
Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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Important information about attendance to school

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



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

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

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

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

increases as their attendance drops.

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

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

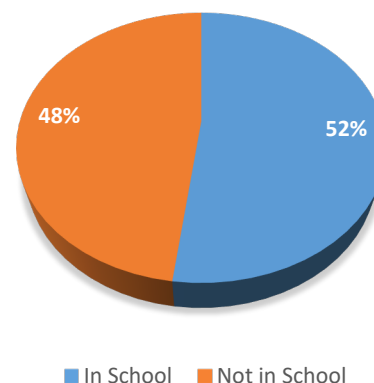
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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

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

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

Days in School / Not in School



■ In School ■ Not in School

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Important Information for All Parents and Guardians

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

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

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

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

Lateness to School: Fixed Penalty Notices

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



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

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

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

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

Thank you for your support in this matter.

Willows Words



Did you know that accuracy with writing is worth 50% of the marks on the GCSE English writing tasks? It's also written into the marking schemes for most subjects. You can help your child by quizzing them on the spelling of our Willows Words; these are words that have been found to be commonly misspelled at GCSE. Every week, we'll publish a selection for you to quiz and repeat them in a loop to ensure that the learning is embedded.

1. beautiful
2. because
3. believe
4. ceiling
5. disappear
6. disappoint
7. extremely
8. necessary
9. persuade
10. queue

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Uniform Reminder to Parents

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.

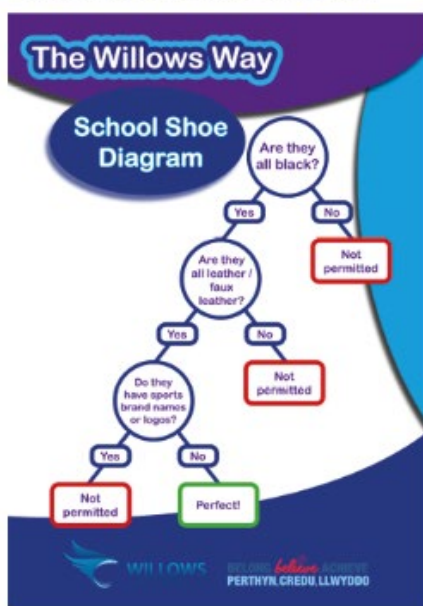
P.E. Kit:

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.

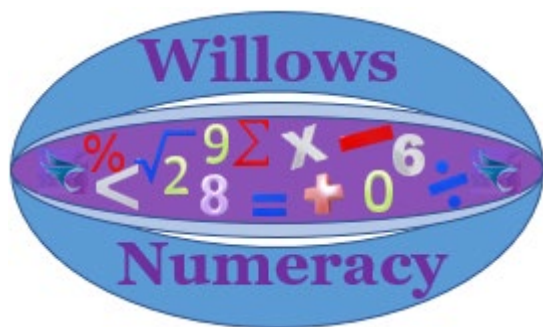
I really find it hard to separate my child from their phone, can you help?

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 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.

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

www.mathsdiy.com
MATHSDIY

www.vle.mathswatch.co.uk
MathsWatch


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GCSE (Wales)
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 YouTube

 Sign in


KS4
Mathematics
Revision Resources

Maths Afterschool clubs

Day	Activity	Teacher/Room
Tuesday	KS3	Miss Santos - G14
Week 1	7, 8 & 9	
Tuesday	KS4	Mrs Alt-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 Terms of Week 18, starting 26/01/2026:

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 19

Evaluate: This word means "to calculate the numerical value".

Evaluate a numerical expression:

Evaluate a numerical expression means to find its value by using BIDMAS or a mathematical rule.

Example 1:

Evaluate: $\sqrt[3]{8} = ?$

$2^3 = 8$ so, $\sqrt[3]{8} = 2$

Example 2:

Evaluate: $16 \div (2 + 6)$
 $= 16 \div 8$
 $= 2$

Evaluate an algebraic expression:

Evaluate an algebraic expression means to find its value by using BIDMAS or a mathematical rule.

Examples:

evaluating expressions ... given a = 2	
$4(a + 4)$	$a^2 + 2ab + b^2$
If a = 2:	If a = 1, b = 2:
$4(a + 4)$	$a^2 + 2ab + b^2$
$= 4(2 + 4)$	$= 1^2 + (2 \times 1 \times 2) + 2^2$
$= 8 + 16$	$= 1 + 4 + 4$
$= 24$	$= 9$

Evaluate $2y + 3$ for $y = 4$	
Step 1:	
Substitute 4 for y.	$2(4) + 3$
Step 2:	
Multiply.	$8 + 3$
Step 3:	
Add.	11

Numeracy Terms

for week 19

Numeracy Pupils of the Week 18:

🎉🎉🎉 **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 18	Year Group	Form	Maths Class	Pupil's Name
	Year 7	7FA	7FA	Deacon Robinson
	Year 8	8WO	8R3	Zac Williams
	Year 9	9SU	9R2	Adnan Hussain
	Year 10	10IN	10R3	Dylan Powell

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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	Jack Rhys	Drewen	10	10L1/Ma
2	Dylan	Powell	10	10R3/Ma
3	Dhruvraj	Rathore	10	10L1/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.

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

Here are this weeks Rockstars!

Rank	Name	Maths Group
1	Jaydan Tanner	9L2/Ma
2	Abdulrahmen Kemal Ahmed	8R3/Ma
3	Izzah Mohammad	8L3/Ma

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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

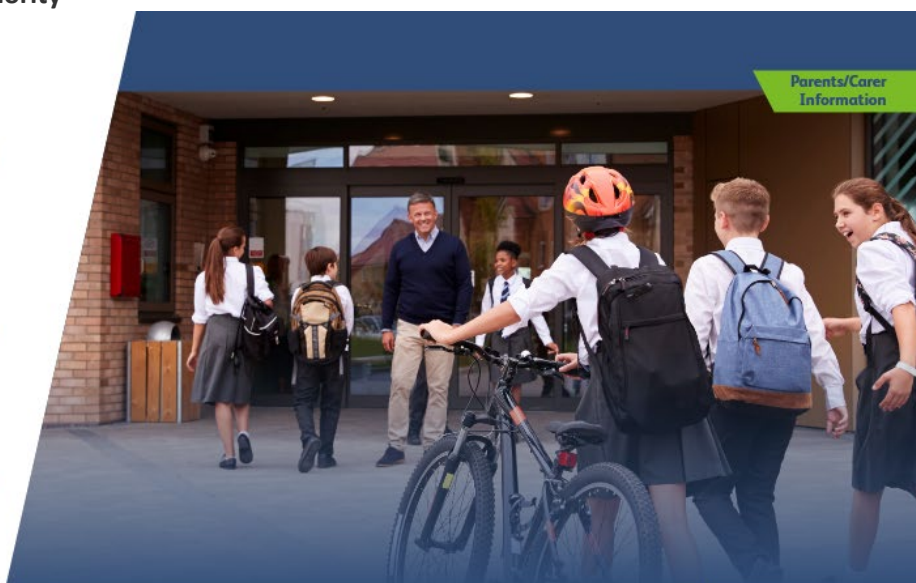
Information from the Local Authority

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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Cardiff



ARUP
Taylor
Wimpey



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.

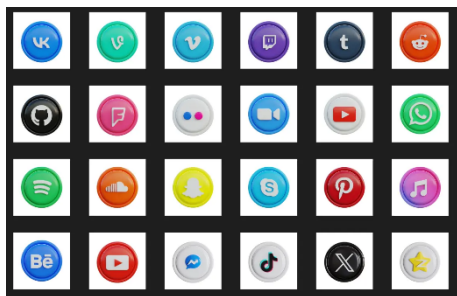
They try to source our products from sustainable and ethical suppliers as much as possible. For any questions, please email them at: ask@splo-down.org

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



MCKS
Charitable Foundation 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 **Willows High School**

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.



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

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

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

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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.



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VOCO | St. David's Cardiff



ARUP | Taylor Wimpey



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.

Our Valued Partners

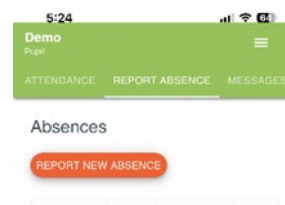
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Diolch

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

Our Valued Partners



SUPPORT OUR LOTTERY TODAY

**£1 per
week**

**Weekly
cash prizes**

**£25,000
jackpot**



**YOUR
SCHOOL
LOTTERY**



Splitting the £1.00

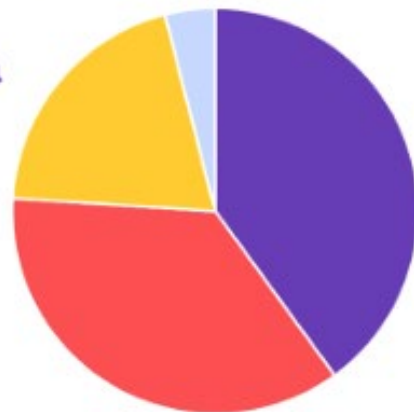
How it works...

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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VOCO

St. David's
Cardiff



ARUP

Taylor
Wimpey



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					

Our Valued Partners

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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VOCO St. David's
Cardiff

BBC

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WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

S
STOWE
FAMILY LAW

Taylor
Wimpey

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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