



**WILLOWS
HIGH SCHOOL**



BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO



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Weekly Newsletter – 06.05.22

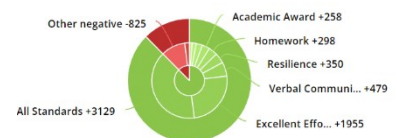
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Belong:

We continue to gather ideas for our new school building, name and logo. If you would like to contribute please contact the school. We would like as many of our stakeholders to be as involved as possible.

A reminder that Year 10 and Year 11 pupils have GCSE exams fast approaching. Please look out for further information on this and encourage your child to revise at home over the coming months.

Breakdown of the Week
01/05/2022 - 05/05/2022



Merits – 29.04.22 – 05.05.22:

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 | 1607 | 7Curie | Sienna Robinson and Daniel Tovey |
| Year 8 | 1559 | 8Farah | Lochlan Taylor |
| Year 9 | 1252 | 9De Beauvoir | Julinho Brita Mendoca |
| Year 10 | 1486 | 10Mozart | Joseph Ashton |
| Year 11 | 1008 | 11Schumann | Mihai Patrascu |

School News:

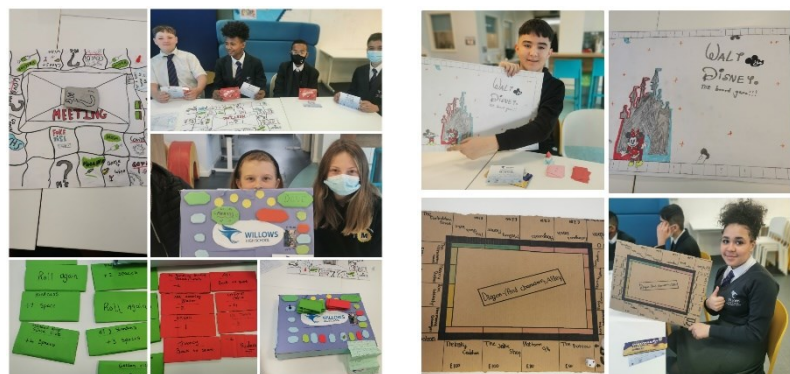
Maths Department:

A huge well done to the pupils who displayed resilience, excellent decision making and advanced skills in their recent Numeracy Project entitled, 'Cost of Living.' The first four places were granted Amazon vouchers in addition to their certificates. Da iawn pawb!

Genius Hour:

This week Mr. Roberts, Mrs. Bubbins and Ms. Williams held the Genius Hour Board Game Final. The class winners assembled to describe their board game and to explain how it would be marketed and promoted to the target audience. The judges were very impressed with the innovative entries. Huge congratulations to:

1st - 'Pandemic-The Board Game' by Harrison, Juraid, Abdi and Mohammed from 8MC



2nd - 'The Willows High Game' by Hollie, Macey and Nevaeh from 8RA

Joint 3rd - 'Harry Potter Game' by Kezia from 8FA and 'Mickey Mouse Game' by Mason from 8BB.

Pupil Voice:

Our 'Change Champions' were delighted to be joined this week by architects, the Local Authority and Technocamps who consulted them on ideas for our new school build. The pupils were asked for ideas on teaching and social spaces. In the branding meeting, pupils were asked for ideas on the new school name and logo design. Please see Mr. Sage if you have any ideas to contribute. We would like as many of our stakeholders to be involved as possible.



Students' Health and Well-being Report:

This week our Pupil Leadership Team have feedback the findings from the 'Students' Health and Well-being Report by SHRN in assemblies. The team have referred to the 'Rights of the Child' and asked other pupils for their ideas regarding the research findings. We look forward to the whole school community working together to make positive changes for the future.



Mental Health and Well-being Show:

'SEC Willows' (Social Enterprise Club) are excited to announce that we have been invited to 'The Mental Health and Wellbeing' Show in City Hall on Tuesday 10th May. We will be teaming up with the 'Young Entrepreneurs Club' to show off all of the amazing things that we do for mental health and wellbeing here at Willows High School. We'll be showing off our wares including new products and raising money for our Pupil Achievement and Well-being base (PAWB).

Why not drop by and say hello? Entry is free and you may even bump into Neville Southall or Frank Bruno! Tickets can be booked from www.mhwshow.co.uk

The photographs show some of our workers preparing the products ready for the show.



Safeguarding:

A reminder that our school safeguarding can be contacted if you have any worries or concerns about a child: Danielle.Mackintosh@Willows.Cardiff.sch.uk

Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please call Sam Watt (Family and Community Engagement Officer, Willows) in confidence on 02922 672744/07592 037937



Willows Uniform Exchange:

A reminder to donate any spare Willows uniform to our uniform exchange run by Ms. Watt in our Learning Lounge. We particularly need spare Willows PE tops. If you have any at home that have gone too small, please bring them in to benefit others. Likewise, if your child needs any pre-owned uniform, ask them to speak to their Welfare Officer and we will arrange this for them.

Prom Shop:

Our prom shop contains many pre-loved dresses, shoes, handbags and suits. If you are attending the prom but would like to save some money on these, please see Miss. Cherrett or your form tutor.

Citizen's Advice Bureau at Willows:

We've been lucky enough to secure the services of an Advisor from Citizen's Advice Bureau (CAB) in Willows every other Monday starting Monday May 9th. CAB can help with all sorts of issues such as benefit claims/checks, PIP claims, housing, employment issues, debt advice, divorce and other problems.

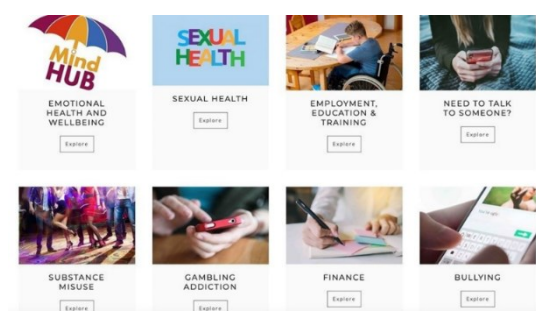
To make an appointment, please contact Samantha.watt@willows.cardiff.sch.uk or 07592 037937.

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/>

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.

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.

A polite reminder that our teachers and Welfare Officers are very busy working with children throughout the day. To avoid disappointment, please ring or e-mail school to book an appointment with the relevant person rather than turning up at school reception.

By working together we can ensure your child's success.



Team Willows

Last week's Dinosaur Quiz Super-stars were; [Kayden Allen](#), [Hope Allen](#), [Kane Williams](#), [Halsho Mohammed](#) and [Noah Roberts](#) – Da iawn!

This week, we were lucky to receive a poem from David Williams in Y11 regarding mental health. David is happy for this to be shared on the newsletter as it may help others. A huge Willows well done for your thoughtfulness and kindness:

Poem

All I know is how to "play up and show"
angrier and angrier
makes myself angry but take a tablet they say
everything's ok they'd say
what do I do ?
sit and wait they say

can't do that anymore,
I'm my own person
made for me.

family is everything
not for everyone
but for most

friends are good
but as I said
not for everyone
but as people once said
blood is thicker than water
why teen mental health
rise and hit it
HIT it hard!

learn to control
stop the blame
all it brings is
doubt, fear and pain
let your body stop the isolation
speak!
let your brain run free
and let it run fast

concentrate on the life ahead
not the pain everyone goes through now

- David Williams



BIG Jubilee 2nd - 5th JUNE TEA



You are invited...

After the success of the NHS Big Tea campaign last year, we're running the campaign again this June, we're celebrating the Queen's Platinum Jubilee and NHS Big Tea at the same time, and you can too!

Hosting your own tea party with friends and family or organising a street party would be a fantastic way of raising money for your local hospitals to improve services and outdoor spaces for staff, patients and our local community.

This would be a lovely way that our community can share their love for the NHS but to also celebrate the Queens Platinum Jubilee together.

It'll be a celebration to show the love, gratitude, warmth and reflection, all stirred together like our national brew.

We can provide you with any materials that you may need such as posters, balloons and a collection tins if needed.

For more information, please visit www.healthcharity.wales/Events/NHSBigTea or email fundraising.cav@wales.nhs.uk

Yours sincerely,

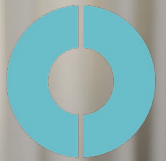
C Wesley-Williams

Channing Wesley-Williams
Administrative Assistant

Me, You and Baby Too

an online course for new
and expecting parents

**FREE
online
course**



Becoming parents can be wonderful and can also change your relationship with your partner. Tiredness and stress associated with being a new parent can lead to you and your partner misunderstanding each other. Me, You and Baby Too is a free online course, available to parents living in Cardiff and the Vale.

You will learn about:

- What babies pick up from you, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can best support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access this online course, you will need a smart device, such as a Mobile Phone, Tablet or Laptop and an internet connection. There is no charge to you to access the course; you will be asked to create a free account if you follow the link below.

If you live in Cardiff, please follow this link: <http://cardiff.opo.org.uk/>

If you live in the Vale, please follow this link: <http://vog.opo.org.uk/>

- The course is online and you can go through it at your own pace.
- You can do it all in one go or come back to it later.
- We recommend doing this when you have time and space to reflect and it will take about 40 minutes to complete.
- This is for new and expecting parents living in Cardiff and the Vale.



Llywodraeth Cymru
Welsh Government



Gwasanaeth Rhianta Bro
Vale Parenting Service
Cethogi teuluoedd i gytawni mwy
Supporting families to achieve more



Getting it Right for Children

an online course for separating parents to minimise the impact of separation on children

**FREE
online
course**



When parents are separating or separated, it's easy for children to get caught in the middle of disagreements. Getting it Right for Children is an online course to complete in your own time, designed to help you parent co-operatively. It helps parents to develop positive communication skills, so that you can parent co-operatively and work out solutions together. You will learn about:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

Having a constructive relationship will benefit both you and your child.

To access this online course, you will need a smart device, such as a Mobile Phone, Tablet or Laptop and an internet connection. There is no charge to you to access the course; you will be asked to create a free account if you follow the link below.

If you live in Cardiff, please follow this link: <http://cardiff.opo.org.uk/>

If you live in the Vale, please follow this link: <http://vog.opo.org.uk/>

- The course is online and you can go through it at your own pace.
- You can do it all in one go or come back to it later.
- We recommend doing this when you have time and space to reflect and practice the skills. Aim to watch one family scenario at a time and practice the skills over four weeks.
- This is for separating or separated parents living in Cardiff and the Vale experiencing parental conflict.



Llywodraeth Cymru
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Gwasanaeth Rhianta Bro
Vale Parenting Service
Cethogi teuluoedd i gyflawni mwy
Supporting families to achieve more



Arguing Better

an online course to help
parents manage conflict
constructively and reduce
the impact it has on
children



**FREE
online
course**

Knowing how to argue or communicate in a constructive way can make all the difference to your family relationships. Managing your conflict with your partner will help you both and your child. Arguing Better, an online course, gives you the skills to cope with stress together. You will learn about:

- Where stress comes from and how it can affect you.
- The impact of stress on your family and relationship.
- How to support each other during stressful times.
- The best way to talk about problems so that you can find solutions together.

To access this online course, you will need a smart device, such as a Mobile Phone, Tablet or Laptop and an internet connection. There is no charge to you to access the course; you will be asked to create a free account if you follow the link below.

If you live in Cardiff, please follow this link: <http://cardiff.opo.org.uk/>

If you live in the Vale, please follow this link: <http://vog.opo.org.uk/>

- The course is online that can be completed in your own time and at your own pace.
- You can do it all in one go or come back to it later.
- We recommend doing this when you have time and space to reflect and it will take about 40 minutes to complete.
- This is for parents living in Cardiff and the Vale who want to learn healthy ways to cope with stress.



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