



WILLOWS
HIGH SCHOOL



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BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 26.02.21

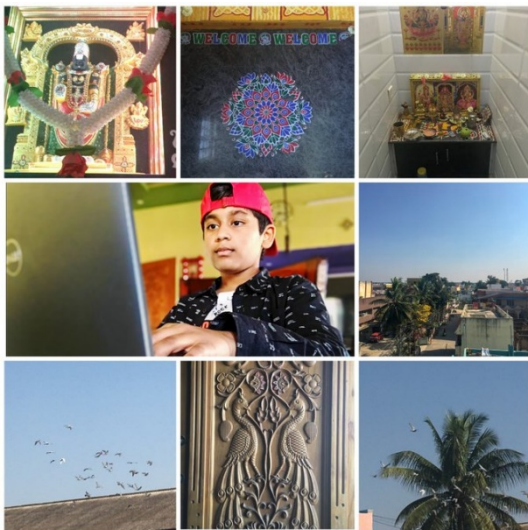
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Helo!

Congratulations:

A massive Willows well done to our pupils who have returned to online schooling with enthusiasm this week! Huge congratulations to our daily merit champions who have excelled in their efforts and to our praise card and certificate recipients for their dedication to learning. We are very proud of the determination and perseverance of all of our pupils at this time.



We would like to give a special mention to our pupils who continue to join their online lessons with us from all around the globe. We would like to thank their parents for adapting their lifestyles to meet the time differences and for keeping us up to date with their situation. Please remember, that no matter where you are at present, we will endeavour to help you if we can, just contact us if we can support you in any way.



Date	Top Merits in Year Group
Monday – 22.02.21	Chloe Edwards Zayd Benmbarek Shaida Tufiq Yosan Yeibiyo Shadathul Ahmed Ayad Mohamed Hasan Isa Al Hammadi Ange Santima Kaylem Allen Daniel Jolaosho Ellie Powell Khalito James Lena Rodrigues Mohammed Radman
Tuesday – 23.02.21	Brooke Pittard Nathan Mba-Aba Flavio Xhini Oliver Jensen Chloe Edwards Alona Sunson Kabir Khan Abdirizak Mohamed Rabec Abdirahman Mohammed Alsmadi Dylan Evans Lowri Wallace Yassir Al-Idrisy Taylor Moloney Yosan Yeibiyo Rayhan Elkhalfifa
Wednesday – 24.02.21	Kaylum Broad Iestyn Britten Lily Fortt Sophie Russ Eqan Butt Mohammad Rahimi Kesheh
Thursday – 25.02.21	Abdullah Al-Ghamadi Zukhruf Subhani Sophie Russ Yosan Yeibiyo Tahirah Begum Morgan Uphill Chomchanok Donsamak Jasmine Kirby Sophie Jaafar Emma Lia

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School News:

Transition Events:

Over 75 pupils from Years 4, 5 and 6 joined Mr. Batchelor for our 'Magical Maths' event on Wednesday. Here, pupils and their parents were awed by prime numbers, card tricks and the Fibonacci Sequence! For our pupils and parents, here's some fascinating Maths:

Leonardo of Pisa was born in 1170 and died in 1250. He wrote a book called Liber Abaci. He is more commonly known as Fibonacci and famous for a particular set of numbers.

It all began with some pregnant rabbits. From observing these he realised that the population of rabbits followed a particular sequence. This sequence is now called the Fibonacci sequence and occurs in lots of places in nature.

To help explain, watch this clip: <https://www.youtube.com/watch?v=nt2OIMAJ6o>

Why not try to find the Fibonacci sequence in nature where you live and email Mr. Batchelor a picture of it. You must say why it is part of the sequence. Where possible, do this as part of your daily walk and try to safely walk for at least 5 minutes, away from your house, to find it. Mr. Batchelor will award three merits to anyone who completes this task!

Our next Transition Event is on **Wednesday March 3rd 2021**, when the wonderful Ms. Amos hosts 'Adventure Stories.' In this exciting workshop, Ms. Amos will be looking at some of our favourite heroes such as Percy Jackson, Harry Potter and Alex Rider! This event is aimed at pupils in Years 4 – 6 and you can book your ticket to this free event here: <https://www.eventbrite.co.uk/e/tales-of-adventure-tickets-142078256891?ref=estw>

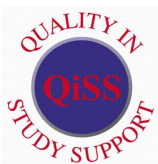
Saint David's Day:

Saint David is the Patron Saint of Wales and is celebrated on March 1st. Here are five fun facts:

1. Saint David was born in the year 500 and was the grandson of the King of Ceredigion. According to legend, his mother Saint Non gave birth to him on a Pembrokeshire clifftop during a fierce storm.
2. Saint David became a renowned preacher. He made a pilgrimage to Jerusalem, from which he brought back a stone that now sits in an altar at St David's Cathedral, built on the site of his original monastery.
3. Saint David and his monks led a simple life. They ploughed the fields by hand, rather than using oxen, and refrained from eating meat or drinking beer. St David himself was reputed to have consumed only leeks and water – which is perhaps why the leek became a national symbol of Wales.
4. The most famous miracle associated with St David took place when he was preaching to a large crowd in Llanddewi Brefi. When people at the back complained that they could not hear him, the ground on which he stood rose up to form a hill. A white dove, sent by God, settled on his shoulder.
5. St David died on 1 March – St David's Day - in 589. He was buried at the site of Saint David's Cathedral. His last words to his followers were: 'Be joyful, keep the faith, and do the little things that you have heard and seen me do.' The phrase 'Gwnewch y pethau bychain mewn bywyd' - 'Do the little things in life' - is still a well-known maxim in Wales.



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World Book Day:

It is World Book Day on March 4th 2020, which celebrates books and shared reading. To mark this event, pupils will be discussing the importance of reading in their English lessons and sharing their own recommendations. On the day, they will be receiving some surprise videos via e-mail of teachers reading exciting passages from their favourite books! They will also be sent a digital book token and have access to the World Book Day social site aimed at teenagers. This has lots of podcasts, live author events and gives them the chance to become part of a reading community. Please encourage your child to become involved here:



<https://www.worldbookdaysocial.com/>

We would love to hear about their experiences. If your child, would like to recommend a book to others, please ask them to email Ms. Nelms or Ms. Crowley who will share it on our social media platforms.

Health and Well-being:

Mind Hub:

Cardiff Youth Council would like to make all pupils aware of 'MindHub.' This is an internet hub created by young people for young people. It provides information and links to services in relation to emotional health and well-being. This excellent resource covers a number of aspects of mental health from depression and anxiety to gender identity and sexuality. It can be accessed here: <https://www.mindhub.wales/>



Eating Disorders:

In tutor time, we have recently raised awareness of eating disorders and have outlined the experiences of young people suffering from them. A useful video, can be found here:

https://www.youtube.com/watch?v=ZDAz6JTowxg&feature=emb_imp_woyt



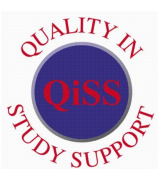
Pupils are also aware of the BEAT website which shows them where they can access help if they feel they are struggling with a food related issue. As always, if you are concerned over this issue for your child or yourself, please contact your doctor who will be able to offer expert medical help and guidance.

<https://www.beateatingdisorders.org.uk/types/binge-eating-disorder>

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.

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Community:

Willows Win!

We are very proud of the work of Miss. Coles-Riley, our Year 8 Welfare Officer. Through social media, she has encouraged Cardiff Council to clean up a litter-filled area that runs parallel to our school gates. We hope that her good work encourages all in our area to take pride in the place in which they live! Da iawn, Miss!

Smoke-Free Spaces:

From 1st March 2020, all school grounds in Wales will become smoke-free spaces. As Wales becomes the first country in the UK to extend its smoking ban to certain outdoor areas, we are committed to improving the health of our staff and pupils by providing a smoke-free environment. Smoking in smoke-free spaces – which not only includes school grounds but also public playgrounds, outdoor day-care and child-minding settings as well as hospital grounds – from 1st March could result in a £100 fine. We want to protect everyone from harmful second-hand smoke and we especially recognise the important role that adults have in influencing the attitudes and smoking behaviour of children and young people. Banning smoking in places where children and young people spend their time will de-normalise smoking and reduce the chances of children and young people starting smoking in the first place – ultimately saving lives. We look forward to having your support to ensure we all play our part in building a healthier future.

Those looking for help to stop smoking can access Wales' free NHS support service Help Me Quit on 0800 085 2219 or visit www.helpmequit.wales for help and support, including access to free stop smoking medication.

REACH Project:

REACH is a project funded by the Welsh Government that is aimed to serve everyone in Wales wanting to learn English as a second or foreign language (ESOL). You can either find them on the CAVC website and click on the link for an appointment or email Reach@CAVC.ac.uk directly for an assessment to find the right course for your level.

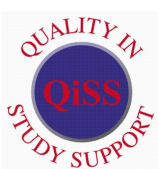
They also offer RESTART – a special support service for refugees providing Advice and access to support for Housing, Education, Money, Employment and more.

Tremorfa Pantry Logo Competition:

We have been delighted by the response of our pupils to the Tremorfa Pantry Logo Design Competition. A reminder that all entries need to be submitted by Sunday 28.02.21 and should be e-mailed to TremorfaPantry@Outlook.com. Good Luck!



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Diolch:

Thank you, as always, for your support with our online learning and for completing our parental survey. We were really pleased that so many parents complimented us for continuing with our usual time-table, helping to keep their children in a routine. We are also glad that our added screen breaks have made a difference and of course, are very grateful for the praise and kind comments to our teachers – these have been passed on.

We are currently considering any improvements suggested in line with the pupil and teacher responses and will up date you in the coming weeks.

If you have any further pupil specific questions, your first point of contact should be contact@willows.cardiff.sch.uk or you can ring the school reception on [029 20414243](tel:02920414243) who can put you in touch with the relevant member of staff.

Enjoy your weekend!



Team Willows

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