




WILLOWS HIGH SCHOOL



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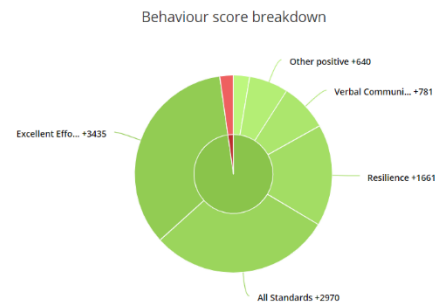
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Weekly Newsletter – 26.03.21

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

Welcome Back!

We have been delighted to welcome back all of our learners throughout this week. Pupils have enjoyed reuniting with their friends, staff and settling back into the school community. When KS3 pupils have not been in school, our teachers have continued teaching online and we remain extremely proud that our pupils have received 100% taught lessons throughout this lockdown. We are certain that our learners have received a lockdown learning experience unparalleled to others. We are sure that you share in our gratitude to all of our staff who have made this possible.



A wonderful Willows well done to all of this week's merit winners:

Merits – 19.03.21 – 25.03.21:

Year Group	Total Merits	Excellent Effort	Merit Champion
Year 7	2342	7Edwards	Mia-Louise Evans-Marnell
Year 8	1047	8Attfield	Lily Fortt
Year 9	1413	9Novello	Christelle Talla
Year 10	2734	10Inness	Yassir Al-Idrissy
Year 11	2214	11Josephson	Samuel Antwi

School News:

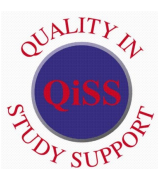
Our Wednesday evening, Miss. Williams, Ms. Coles-Riley and Miss. Sansom hosted our virtual 'Bake Off' for Y7, Y8 and Y9. It was lovely to see so many of our pupils joining in from their own homes. Thank you to all the parents and pupils who embraced the challenge and sent us photos on social media. The entries looked delicious!

Later on, Y10 and Y11 had their chance to shine by taking part in a fun quiz hosted by Mr. Bartlett and Mr. Furness. Again, thank you to all the pupils who took part. We hope that you enjoyed it and learnt something along the way!

Whether it be online or in real life – we hope to host more events like this for our pupils. If you have any ideas, please share them with your Welfare Officer – we'd love to hear them and for you to be involved!



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Transition:

This week, the Senior Leadership Team held an event for prospective parents to introduce them to our school, our core purpose and values. We are delighted that so many parents and pupils have made Willows their first choice for September 2021. There is still time to book an appointment to discuss any individual issues with Mr. Whittaker here: <https://calendly.com/willowshigh/meeting-regarding-transition?month=2021-03>. If you are still undecided, please make an appointment – we would love to talk to you!

Reading Recommendation:

This week's reading recommendation is 'Hit the Road, Helen!' by Kate McMullan. Mohammed recommends this as an easy introduction to Greek Myths. Learn all about Hades, Aphrodite and the Trojan War! All of our pupils are able to access this book free of charge by logging onto their MyOn reading accounts. Please encourage your child to maintain their reading over the holidays – twenty minutes every day will add up and make a big difference to their future.



Modern Foreign Languages:

SHAPE SOCIAL SCIENCES HUMANITIES & THE ARTS FOR PEOPLE & THE ECONOMY

The French department were invited by Cardiff University to take part in a trial of resources which have been developed in collaboration with the London School of Economics and The British Academy. We were delighted to receive this invitation and to support the early stages of what will be an exciting project. We trialled the materials with Year 8 classes and were delighted with their enthusiastic and mature response to the topics covered. We looked at the impact that trains have had on the development of our communities and how they have driven social change and mobility. Pupils were also encouraged to look at the impact, both positive and negative, of HS2. We have provided feedback on the resources to the Universities and are looking forward to further involvement in SHAPE as it is introduced more widely in schools. If you want to find out more about SHAPE then please visit this link <https://thisisshape.org.uk/>



Several pupils from both Year 8 and 9 will be participating in an Online Modern Foreign Languages event during the Easter holiday run by the Seren Network together with Routes Cymru and Jesus College Oxford. This fantastic opportunity for our pupils will see them take part in mini lectures and

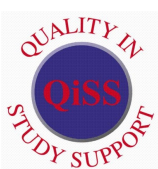
workshops as well as virtual tours of the University, together with sessions on careers with languages and a Q&A with current Oxford undergraduates. We are delighted to be able to offer this opportunity to our pupils and to encourage them to aspire to study at University in the future.



STEM (Science, Technology, Engineering and Maths) Opportunity:

Mrs. Warren has e-mailed all pupils in Years 9 and 10 to inform them about 'Virtual Routes into STEM,' an innovative course that provides Year 9 and Year 10 students with a clear understanding of the amazing opportunities offered by STEM based careers. The course allows students to recognise the variety of opportunities available to them after taking their GCSEs, it will provide access to key information on different pathways: College and University and Apprenticeship routes through industry. The course is suitable for all academic abilities – all that is required is a genuine interest in STEM subjects.

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Awarded for excellence



Pupils will be able to:

- Experience multiple colleges, universities, and employers across the country.
- Have the freedom to explore the course at their own pace, taking control of their learning.
- Understand the diverse routes available to them after studying for GCSEs – including apprenticeships and degree apprenticeships talks.
- Experience a diverse range of live Q&A sessions during the half term.
- Gain their [Bronze Industrial Cadets award](#).

The registration for our **May and July courses** is now open **but there are limited places so they must apply now**. The link is on pupils' e-mails and they should e-mail Mrs. Warren for further advice if they choose to apply.

Cardiff and Vale College:

CAVC would like to remind Y11 pupils and the community that they are still accepting applications for both Further Education and Higher Education courses starting in September 2021.

For any learners who may be unsure of their next step or unfocused in their approach, they can arrange an online guidance session with the college. This can be done during the school day or as a family guidance session at home. Please email jtanner@cavc.ac.uk to arrange an appointment.

CAVC's 24/7 Virtual Open Day remains live and is constantly being updated with new, engaging content. It should be the starting point of any referral for CAVC. The 24/7 Virtual Open Day can be accessed here: [Welcome to our 24/7 Virtual Open Day - Cardiff and Vale College \(cavc.ac.uk\)](#)

CAVC also offer talks on the following enrichment opportunities:

Football Academy	Rugby Academy
Netball Academy	Cricket Academy
Career Ready Programme	STEM at CAVC
Scholars Programme	CCF (Combined Cadet Force)

Health and Well-being:

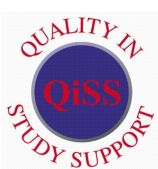
Here is a reminder of some of the key services available for young people and their families:

- **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.

Cardiff Metropolitan University:

Please find attached to this newsletter ideas for PE at home from Cardiff Metropolitan University. Why not put these ideas into action to get the whole family fit and active this holiday?

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Awarded for excellence



Community:

We would like to say a massive thank you to our PTA – the Friends of Willows - for working with Inksplott and a number of local shop to provide chocolate for all of our pupils in recognition of their hard work this term. Similarly, our staff were delighted with their energy boosting bananas!

The lovely businesses that donated are:

- Co-Op, Splott
- Tesco Pengam Green
- McColls
- Lidl
- Aldi
- Premier expres
- Ali Baba
- Morrisons
- Lifestyle Express
- One Stop
- Londis
- Farm Foods

In addition to the local shops, members of the group and others donated, including the dad of one of our teachers!

We really appreciate your hard work in bringing the community together at this difficult time for many and there were certainly some very happy faces in school this week! You can read the full article here: <https://www.inksplott.co.uk/chocs-away-volunteers-organise-surprise-gift-for-pupils/>



'We cannot thank local businesses enough for their incredibly kind donations. To have an idea to provide every single pupil with a chocolate bar is one thing, to then realise you have a target of 738 in another thing entirely. What makes me incredibly proud is that the group of volunteers involved and I include staff in that because of all the activity to organise this project was done outside of hours, in personal time, they took on the challenge without so much as a flicker of doubt that local businesses would be there to support us and they did! What an incredible achievement that proves that this area, whilst being described as 'deprived' so often, is anything but, when it comes to community spirit.' (Lynne Thomas – Chair of Friends of Willows)

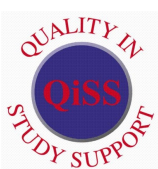
Cardiff Commitment:

Please find attached Cardiff Commitment's newsletter featuring competitions, opportunities and ideas to support young people and their families.

Parent Talk Wales:

Please find attached a leaflet advertising Parent Talk Wales – an organisation which provides support to parents of 0 – 19 year olds.

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Return to School:

We are currently expecting all pupils to return to school on Monday 12th April. When pupils return they will be **expected to wear school uniform**. This recommendation is contained in the Welsh Government operational guidance. Please contact your child's Welfare Officer if you foresee any problems with this. **On days where pupils have PE, they will continue to wear their PE kit to school** (as before Christmas) until further notice. Pupils will need to wear face coverings (black – provided by school) in the classroom where physical distancing cannot be maintained.

Staff and pupils in Y10 and Y11 have been provided with Lateral Flow Tests which detect Covid-19. The tests should be performed on a Sunday and Wednesday evening by following the instructions provided. It is vitally important for parents to inform school of any positive results and to keep their household at home for ten days to protect our community. If you require assistance with the instructions, please contact your child's Welfare Officer who will be happy to help.

Diolch:

Thank you, as always, for your support this term. Last week, marked a year since the pandemic began to affect the UK and our schools. We understand that it has been a difficult time for many and we appreciate everything you have done to support us a school. By continuing to work together, we are sure that we can secure a positive future for the young people and their families in our care.

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** who can put you in touch with the relevant member of staff.

We wish you a relaxing holiday,

Team Willows



Education



CARDIFF, WALES - MARCH 16: Schoolchildren look on during a lesson at Willows High School on March 16, 2021 in Cardiff, Wales. Secondary schools in Wales reopen this week having been closed to most pupils since the beginning of the year due to Covid-19 concerns. (Photo by Matthew

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Parent Talk Cymru



Parent Support

There's a lot of pressure on parents at the moment. Parent Talk Wales is a free and confidential service for parents of 0-19 year olds in Wales. You can get support with anything that's worrying you about parenting or your child.

We're on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

This service is also available in Welsh

Visit: parent-talk.org.uk/wales

We're here:

12:30-19:30 Monday
10:30-16:30 Tuesday
9.30-16:30 Wednesday
12:30-19:30 Thursday
09:30-16:00 Friday





SPORT
CARDIFF

Cardiff Met Developing Sport

CHWARAEON
CAERDYDD

Met Caerdydd yn Datblygu Chwaraeon

Ideas for PE at Home

#1 Sport Cardiff, Cardiff Games 1 minute challenges!

We'll release 3 videos every Monday for the next 7 weeks. The videos can be used as an extra resource assigned on Google classroom, Seesaw etc to keep your pupils active at home!

Assign your pupils the challenges by sharing this link:

<https://youtube.com/playlist?list=PLgX9R8AuF9GLx5qUM-2w6XgYR9ITr6zdH>

Or you can assign the individual challenge videos on separate days.

#1MinuteChallenge 01 | Squats

<https://youtu.be/ripcNTmFbdg>

#1MinuteChallenge 02 | Star Jumps

<https://youtu.be/pbZKufNbm5g>

#1MinuteChallenge 03 | Sofa Wall Catches

<https://youtu.be/HsZmaCUI9Oc>

#2 Real PE at Home resources

real PE at home: Getting started

If you are a full real PE member or real legacy school you have instant access to real PE at home. This is included within your existing membership.

real PE at home provides meaningful home learning for EVERY child with games, activities and challenges, all aligned to your real PE curriculum.

If you haven't been able to set up your children's real PE at home logins yet, all the information you need can be found on Jasmine under core real PE in the Supporting docs folder including a template email to share logins with families. I have also included some of the main links below.

- [Creating family logins user guide video \(3 mins\)](#)
- [Recording of real PE at home webinar \(34 mins\)](#)

Family support

Embedded in the family template email, which can contain their real PE at home login, are additional guides for parents to support home learning including:

- [real PE at home information for families](#)
- [real PE at home video for families \(4 mins\)](#)

If you require any additional support please contact jasmine@createdevelopment.co.uk

FREE real PE at home samples for ALL other schools

All schools can access FREE sample games and activities to support their children and family with home learning.

real PE at home will help children to continue to develop a broad range of skills, such as communication, problem solving, resilience, creativity and, of course their Fundamental Movement Skills. Fun challenges, ideas, games and activities ensure families stay active inside and out through lockdown, winter and beyond.

Activities can be carried out individually or in a pair with an adult or sibling.

View the FREE sample games and activities below and share the links with your children today:

Foundation phase/Key Stage 1

Key Stage 2

#3 Youth Sport Trust at home [resources](#)

#4 Sport Cardiff Active at home packs – See attached flyer

These packs can be applied for by parents / guardians of pupils who live in the South East / East of Cardiff. Please follow the link in the flyer attached to find out more.

#5 STRENGTH LAB – Superhero Fundamental Movement Platform

Free for the duration of the pandemic

User: nocorona@Strengthlab.co.uk

Password: FightingTheGoodFight

superheroes.strengthlab.co.uk/account/login

#6 Sport Cardiff Family Fun videos on [YouTube](#)

#7 [Change for life Disney shake up](#)

8 [Careers in Sport / Active Jobs – BBC Bitesize](#)

#9 [Youth Sport Trust – After School Club](#)

#10 [This is PE by the Association of PE](#)

#11 NHS advice and [Couch to 5K app](#)

Caer Heritage & Action for Caerau & Ely - Curiosity Club – Free Online Youth Club



Did you know that we have an Iron Age Hillfort in the heart of Cardiff?

Join our club and together we will get curious about how people in the Iron Age used Science Technology, Engineering and Maths.

How can modern STEM connect us with the past? And how does the past pave way for our future?

Curiosity is an open access youth-led project aimed to support learning at all levels

CURIOSITY CLUB
THURSDAY AFTERNOONS
5PM-6PM
ZOOM

For joining details please contact curiosity@aceplace.org

Microsoft 'Women in Tech' Events



Calling all Welsh students aged 9-11!

Listen to the 'Women in Tech experts at Microsoft on April 27th from 11:00-11:45am to get excited about the world of technology!

There may also be a chance to win a fabulous prize when completing a challenge. Do not miss out and sign up today by emailing: AskEduUK@Microsoft.com



April 27th from 9:30-11:00am

Calling all students aged 8-14! It's time to listen to these experts at Microsoft to understand why you should choose a tech pathway!

Do not miss out and sign up today by emailing: AskEduUK@Microsoft.com

Glamorgan Cricket – 100th Anniversary Competition



To celebrate the 100th anniversary of the Club being a first-class county, Glamorgan Cricket are giving school-children an opportunity to become a Coin Toss Mascot at a home match in 2021. In order to win this fantastic prize, and share with us in this important milestone in Welsh sport, we are inviting you to take part in the following competition.

All you have to do is to create any one of the following:

- A piece of prose or poetry (in either English or Welsh) explaining why it is important for Wales to have a first-class cricket team.
- A piece of prose or a film (in either English or Welsh) saying why playing sport and particularly cricket, is important from the point of view of health and well-being.
- A short video explaining the game of cricket.
- A short film showing you training or playing cricket and enjoying get back out into the fresh air!
- A celebratory song, or something in rap-style, possibly with accompanying photographs or video.
- A special poster, logo, or montage to celebrate the 100 years of Glamorgan cricket from 1921 until 2020.

PRIZES*

The winner will be a coin toss mascot at a designated match at Sophia Gardens, Cardiff during 2021, with the winning entry also on display in the CC4 Museum of Welsh Cricket at Glamorgan's headquarters.

To enter, please send your entry by email to museum@glamorgancricket.co.uk

The closing date for entries is 17:00 on 9 April.

* Prize may change given circumstances in 2021 and held over until 2022.

Sport Cardiff – Keeping Active At Home



Sport Cardiff at Cardiff Met have created #1MinuteChallenge videos to keep children active at home. These videos can be used as an extra resource assigned on Google classroom, Seesaw, Teams etc to keep your pupils active at home!

[#1MinuteChallenge 04 | Knee Crunches](#)

[#1MinuteChallenge 05 | Stair Climbs](#)

[#1MinuteChallenge 06 | The Plank](#)

[Sport Cardiff Family Fun Videos](#)

We have also attached further information from Sport Cardiff with links for physical activities at home.

Share the activities with your pupils for them to enjoy over half term!

Young Enterprise 'Fiver Challenge'



The Fiver Challenge is a 4 week programme that helps bring the business world to life for primary school pupils and will run 1st – 25th June 2021.

In the meantime, we have adapted version of the Fiver Challenge, Fiver From Home, which offers flexibility for delivery whether your young people are in schools or learning remotely.

Sign up to the platform [here](#) to access instant access to Fiver from Home materials and Fiver Challenge from the 30th April!

Secondary School Opportunities

Big Ideas Wales – Start Something Good! Challenge



Calling All Young Social Entrepreneurs!

Are you 11-18 years of age? Do you have strong opinions about the world around you? Do you want to improve people's lives? Do you need a challenge and want to develop new skills?

The Challenge – We want to hear from you if you can think of a SOLUTION to something that would have a POSITIVE impact on the people around you and in your community.

For more information [click here](#).

We hope the Challenge will help develop enterprising, creative, ethical and informed citizens. We know that young people have strong opinions about the world around them and there's a growing movement across Wales who want to do something good – so please encourage participation!

Closing date: 28th April 2021

Microsoft – Work Experience Week



Microsoft is launching their 'Work Experience Week', from 10th – 13th May 2021. Students in years 9 & 10 will be able to gain valuable insights about what Microsoft does, what roles the company has to offer for those in early-in-careers and have the opportunity to engage with Xbox Academy hosted by the Microsoft Experience Centre to learn more about the fascinating world of game development.

Over the course of 4 days, students will dive deep into the heart of Microsoft, experiencing the highly dynamic technology industry which aims to help meet the 6th Gatsby Benchmark of experiencing workplaces. What better way to do it than with Microsoft? A fully virtual setup will allow students to access our Work Experience Week from either classrooms or the comfort of their own home.

What to expect...

In the 4-day program, each student will complete:

- A deep dive into game development by Xbox Academy and Rare Gaming
- Industry work experience activities
- LinkedIn profile building sessions
- Various Early-in-Career activities
- Interview skills workshops.

If your students or children wish to be part of our Work Experience Week, please register **your interest with us at** AskEduUK@Microsoft.com with a number of attendees.

FinTech For Schools by Innovate Finance



The FinTech for Schools experience aims to promote awareness of FinTech in young people. What sort of careers are on offer? What is FinTech anyway and what does it stand for? How do you use it in your everyday life? We want to give young people the opportunity to access information in multiple ways so that they can learn how to manage their finances better, consider FinTech as a career choice or gain work experience and insights.

To access FinTech Masterclasses, App information and information regarding virtual work experience, please click [here](#).

Microsoft DigiGirlz



DigiGirlz is a global program aimed at inspiring young girls to look into the opportunities available within the STEM industry. We do this by delivering several different events throughout the year.

To keep up to date with all our events [click here](#).

Microsoft - DigiGirlz Camp - 7 & 8th April, 10am-3pm

DigiGirlz UK presents our first ever FY21 Camp! This year our themes are Gaming and AI & Sustainability. Join the team for 2 fun packed days. Together we will make games, websites, posters and many more. We will also get to listen to inspirational speakers, and we will get some tips from our panellists. In addition to all these fun activities we will have a live demo of HoloLens and Power Apps.

The event is focused towards 10–14 year-old girls but is not exclusive to this age range. We welcome girls with all capabilities, whether you love gaming or want to find a solution that can save the planet or both. This event is open enrolment and **FREE**, so anyone can join wherever they live, even from the comfort of your sofa!

Register [here](#).

Microsoft Gaming Day 31st March, 10am-3pm



New to DigiGirlz we are hosting a day solely around gaming, starting with ideation to game creation. We are being joined by the Woman@Xbox group who have a wealth of experience and expertise within this industry. The day will include a keynote speaker, workshop and an early in career panel where the girls can ask their questions.

This day is also part of the Careers in Gaming week so come and join the DigiGirlz to learn about this fascinating industry. The event is focused towards 10-14 year old girls but is not exclusive to this age range. We also welcome girls with all capabilities, whether you love gaming or have never thought about looking into it. This event is open enrolment and free so anyone can join wherever they live, even from the comfort of your sofa!

Register [here](#).

CareerScope – Pathways to a Career in Hospitality- Career Hub Tuesday 8th June 2021



Supporting our people, attracting talent & promoting the industry

This event is aimed to inspire school school/college leavers (or those leaving next year), looking for advice and guidance on their next steps into Hospitality.

The sessions can be run in a classroom setting using TEAMS, so we are presenting to each group on a large screen.

Please note that each student will require access to an individual device for session B. We are offering a maximum of 20 places per school/college on a first come, first served basis.

To register please [click here](#).

A	A Career in Hospitality and your Personal Qualities Discover the best of you in our Personal Qualities Webinar and how you can showcase your best qualities when looking for that next opportunity	09.30-10.15
B	Intro to CareerScope A one stop shop for support with careers in hospitality, leisure and tourism (HLT). Create your own career profile for tailored support.	10.30-11.15
C	Industry Spotlight Find out more about HLT's exciting career opportunities with a virtual tour and advice from the people that know and learn a new skill along the way	13.00-13.45
D	Applying for Work / Interview Skills Support with applying for work and skills, hints and tips on interviews to boost your confidence and get you that next opportunity.	14.00-14.45

Speakers For Schools Upcoming Broadcasts



Speakers for Schools is excited to present its weekly broadcast schedule! This schedule will be updated regularly and talks will be targeted to different age groups and is accessible via the links below. The Inspiration Team will host these events a few times a term for students to attend at home.

Please find attached a list of up and coming virtual work experience placements. For more information on how to register please visit the [Speakers for Schools website](#).

To access the talks, please [click here](#).



Study and Represent Cardiff City FC!

Future Pathways is a post-16 education programme which combines educational studies with sport in a unique environment and supports young people to progress into further education, employment and training.

Courses Available:

- **Traineeship Engagement**
- **Traineeship Level 1 in Sport**
- **BTEC Level 2 Diploma in Sport**
- **BTEC Level 3 Extended Diploma in Sport Performance and Excellence**
- **Foundation Degree in Community Football Coaching and Development**
- **BSc (Hons) in Community Football**

Coaching and Administration (Top Up)

Course duration – 12-26 weeks

Entry Requirement – Must be aged 16-18, not in education, employment or training.

For more information, please [click here](#).

To access a virtual 24/7 open day [click here](#) to register.

Next Tourism Generation Competition 2021 – Tourism & Hospitality pupils



The competition is aimed at people studying in further or higher education, or at young people at the start of their careers. The aim is to help promote and inform the future of sustainable tourism and skills within the tourism & hospitality industry in Wales.

The Next Tourism Generation competition is asking those eligible to respond to these questions: What should the future of tourism in Wales look like? What skills and training will the next generation of tourism professionals need to support this sustainable development?

The competition is open to students enrolled on courses in Wales that have a component relating to tourism or hospitality AND to young people in or aspiring to work in the sector.

There are four categories, and entrants should make reference to one area in their response:

- **Tourism industry and infrastructure**
- **Digital tools and technology**
- **Environment and ecology**
- **Local communities**

Winners will be awarded a £250 cash prize, and all shortlisted entries will be given the chance to attend a tourism skills symposium and award ceremony, and the opportunity to be recognised by top employers.

For more information please [click here](#).

Call to Action!

Do you know of any up and coming events happening over half term that would be of interest to other pupils and schools?

Send us any opportunities you would like to share and we will send to our network of contacts throughout Cardiff!

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Keep up-to-date with the Cardiff Commitment's latest updates through our [News and Events Page](#).

CONTACT US

Cardiffcommitment@cardiff.gov.uk
02920 788565

