




WILLOWS  
HIGH SCHOOL



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**BELONG, believe, ACHIEVE**  
**PERTHYN, CREDU, LLWYDDO**

**Weekly Newsletter – 16.04.21**

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

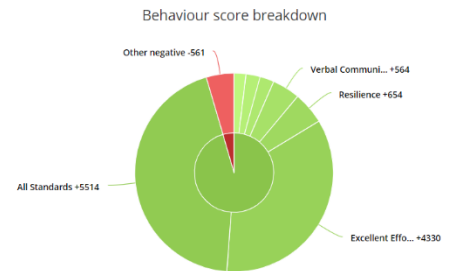
**It's the Summer Term!**

We have been delighted to welcome all learners back to school this week. It has been an absolute pleasure to see our pupils smartly dressed, engaging in lessons and enjoying their time with friends at school. The vast majority of our learners continue to fill us with pride regarding their behaviour and character. We are also delighted by the kindness shown amongst pupils towards their peers and staff.

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

**Merits – 12.04.21 – 15.04.21:**

Year Group	Total Merits	Excellent Effort	Merit Champion
Year 7	1944	7Farah	Amal Hersi
Year 8	2564	8Attfield	Sahand Mohammed and Julio Brito Mendoca
Year 9	3299	9Schumann	Rhianna Jones
Year 10	2472	10Matisse	Yassir Al-Idrissy and Mihai Patrascu
Year 11	1599	11Josephson	Aki Hussain



**School News:**

**Extra-Curricular Activities:**

Due to Covid-19 restrictions it is currently difficult for schools to run a full extra-curricular time-table, however, our determined Heads of Year are currently planning their own after-school activities for pupils within their 'bubbles.' If any pupils or other members of our community have any suggestions for these, please feel free to discuss them with our Head of Year.

**Here are details of the Y8 Activities:**

Miss. Riley will be running Move-About Club in collaboration with our PGCE sports students, starting next Tuesday. Students will get the chance to choose from a variety of activities to take part in, all in a pressure free environment with an emphasis on moving about for wellness and shaking off those lockdown cobwebs.

Miss. Riley will also run a Thursday Fun-day Club on- you guessed it- a Thursday! Thursday Fun-day Club will be a pupil-led club with an emphasis on creativity. The club will enable students to try their hand at a number of expressive arts activities. There will also be a chill-out zone for pupils to be in a pressure free environment with their peers in order to catch up on homework, read, or craft.

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## English:

It has been a busy week in the English Department. We were over the moon to hear that one of our Y8 pupils, Grace Rose Jones, was a finalist in the Hope Education Poetry Competition. Grace's entry, 'Coronavirus and Me' was whittled down to the last 6 of 800 entries (150 of which were from Willows High). Grace's poem is attached to the end of the newsletter and I'm sure you'll agree that it sums up the pandemic experience of teenagers extremely well. The English Department will be compiling a poetry anthology of our school's entries so that pupils will have a reminder of their pandemic experience in years to come. We will keep you posted on this!

The English Department and school library would also like to thank Tesco (Pengam Green) for their very kind donation of the full series of the 'Game of Thrones' books. We are certain that these will be very popular!

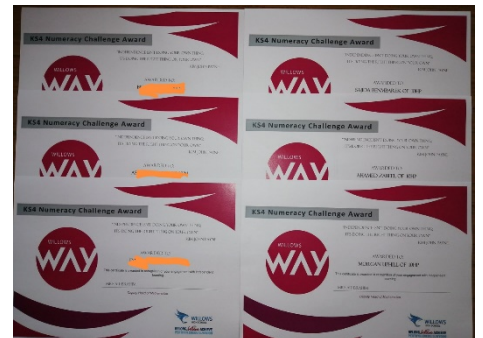
A reminder that all pupils should be reading independently or aloud to an adult for 20 minutes every night in line with the school homework policy. English teachers will be monitoring reading through pupils use of the MyOn website. The website provides pupils with a wide variety of books which are matched to the pupils' reading ages. Please actively encourage and monitor your child's progress with reading on this. We know that reading well is their key to success! Please contact [Jane.Crawshaw@willows.cardiff.sch.uk](mailto:Jane.Crawshaw@willows.cardiff.sch.uk) if you have any further questions on this.



## Maths:

Congratulations to all of our Y10 pupils who received a KS4 Numeracy Challenge Award this week – we are very proud of your efforts! A special mention to Jasmine Kirby for achieving the 'Best Work' prize overall. Da iawn!

Please ensure that your child continues to complete their 'Mathswatch' homework every evening. Please contact [Rhydian.Batchelor@willows.cardiff.sch.uk](mailto:Rhydian.Batchelor@willows.cardiff.sch.uk) if you have any further questions on this.



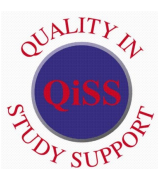
## Science:

Before Easter, several pupils in Year 8,9 & 10 attended an online open evening at Aberystwyth University to find out about studying Veterinary Medicine. They found out about the University and the course and looked at Animal Welfare and Ethics too. The older pupils also found out about the process of applying for a University place and the qualifications they would need. Well done to those who attended and we hope you found the experience useful.

## Health and Well-Being:

Our Health and Well-being staff are looking to partner with champions in our local community and beyond. Please read the information that follows and pass it on to anyone you think may be interested in helping young people fully achieve their potential.

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## What is a Health and Well-being Champion?

Health and Well-being Champions have an important role to play in helping people within their community to make positive changes to their health and well-being. Health and Well-being Champions promote healthy lifestyles by inspiring others to take a more active role in their health.

## Why do we need Community Health and Well-being Champions?

People need to be supported at an individual level to build their knowledge and capacity and to increase the control they have over the events that influence their lives and health.

Community empowerment builds from individual action and this approach embraces collective action. This initiative aims to create the opportunities where people can make and sustain health changes, where they can become active participants in their own health and engage with people who are facing similar problems.

## Could you become a Willows High School Health and Well-being Champion?

At Willows High School we are looking for individuals and families based within our community who can inspire others to adopt a healthy lifestyle and help promote local initiatives. The Willows High School Community Health and Well-being Champions will aim to support individuals and families into making healthier choices, sharing health messages, removing barriers and creating a supportive network.

Are you a pupil, former pupil, a family or a community member who feel they can take on this responsible but rewarding role within our community, if so please contact Miss Moore - [Sarah.Moore@willows.cardiff.sch.uk](mailto:Sarah.Moore@willows.cardiff.sch.uk)

Examples of Activities our Health and Well-being Champions may support us with

- Physical activities such as promoting the Tremorfa Parkrun, activities at the STAR hub, family fitness sessions.
- Healthy eating such as healthy cookery classes or tips on growing your own vegetables.
- Mental health support such as mindfulness and yoga.
- Promoting public health campaigns and signposting individuals towards sources of support e.g. Help me Quit, Movember, Couch to 5K.

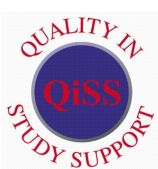
This list is not exhaustive, the school would like to hear from anyone who may be able to offer expertise or an interest in any activity which could help improve the health and well-being of our community.

## Gardd Hardd:

Thank you to Mr. Lo Celso, Mr. Batchelor and our green-fingered Y10 pupils for giving up part of their Easter Holiday to work on transforming our school quad into our 'Gardd Hardd' (Beautiful Garden). We are looking forward to further developments in this area with the growing of fruit, vegetables and wild flowers.



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## Stress Awareness Month:

As part of our weekly reading, pupils have been learning about how electronics affect sleep. If you would also like to read the article to discuss it with your child, it can be found here: <https://www.sleepybliss.com/tips-guides/how-electronics-affect-sleep/>

Pupils have also received an assembly on stress awareness and ways to combat pressure. Mr. Sage has shown us that as it takes 30 days to form a new habit so he has suggested that pupils complete a '30 Day Challenge' in order to start this. To do this, pupils could challenge themselves to complete a simple well-being task every day such as going for a walk, swim, creating art or a meditation. Why not make this a family activity?



## Cardiff Council Advice for Parents:

Cardiff Council has released advice for parents regarding the Coronavirus:

There is now an extended list of Covid-19 symptoms and testing available for children and families who are experiencing them. Please read the updated FAQ's here: <https://t.co/FsHQM0Fi2K?amp=1>

The Council also asks that parents, carers and pupils take note of the requirements to keep schools open and safe. You can read more here: <https://t.co/j1cusJG56m?amp=1>

Lastly, if you need information about the Coronavirus vaccine in a different language, please visit [phw.nhs.wales/patientinfo](http://phw.nhs.wales/patientinfo)

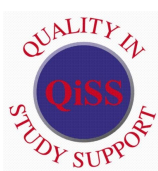
Here is a reminder of some of the key services available for young people and their families:

- **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](mailto:Kelly.Bubbins@willows.cardiff.sch.uk) if you need feminine hygiene products and we'll do our best to help.

## Diolch:

Thank you, as always, for your support particularly regarding uniform. A reminder that there is help available for eligible families regarding the cost of uniform. Information on this can be found here <https://gov.wales/pupil-development-grant-access>. 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.

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If you have any further pupil specific questions, your first point of contact should be [contact@willows.cardiff.sch.uk](mailto: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.

Please, if your child is unable to attend school, let us know using the telephone number above or our dedicated first day absence email address [firstday@willows.cardiff.sch.uk](mailto:firstday@willows.cardiff.sch.uk)

We wish our Muslim families a continued peaceful Ramadan Mubarak.

Enjoy your weekend,

## Team Willows

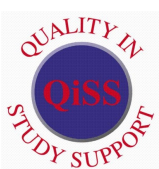
### Sudoku:

There are 9 rows in a traditional Sudoku puzzle. Every row, column and box must contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. There may not be any duplicate numbers in any row, column or box. A video explaining the rules can be found here:

<https://www.youtube.com/watch?v=-eXIFyN6KFc>

8			7	1	5			4
		5	3		6	7		
3		6	4		8	9		1
	6			5			4	
			8		7			
	5			4			9	
6		9	5		3	4		2
		4	9		2	5		
5			1	6	4			9

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## Coronavirus and Me

Considering the troubles that we face today,

There are a few things I need to say ...

Although the days feel tough and long, as a nation we need to stand strong.

Please share your love and kindness too,

I don't ask for much - it's free to do.

Now's not the time to push, kick and shove,

Hold onto your family the ones you love.

Obey the rules, do what's right for me and you.

It's very hard not going to school,

Zooms, Teams and the like, it's the new cool.

Stay home with your family, it's the new norm -

all caught up in a media storm.

Take time to reflect on what is important to us,

To nanas and bampas, even dogs need a fuss,

Most of all think of our poor Mam and Dad,

Home schoolings tough – they're going mad.

So, take the time to stay at home.

Don't be tempted to go out and roam,

Think of the work of our NHS, Captain Tom and all the rest,

A day when we'll be rid of this violent pest,

A day will come when they will say,

the virus has gone, go out and play -

It's time to throw the masks away!

**By Grace Rose Jones – 8DB**

**Willows High School**