



WILLOWS
HIGH SCHOOL



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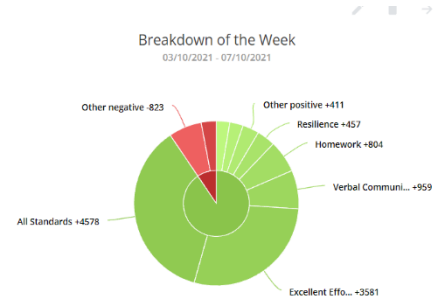
BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 08.10.21

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

Belong:

This week we have been improving our character and academic performance in lessons as well as attending a diverse range of extra-curricular activities. Next week, we are looking forward to going into our feeder primary schools and meeting Year 6! After this, we will be offering prospective parents the chance to book a covid-safe tour around our school - we are so proud of our children and our school ethos that we welcome visitors any day. If you are a prospective parent or know someone who is, please look out for a letter or ask them to contact us to book a slot.



Merits – 03.10.21 – 07.10.21:

We are incredibly proud of 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	2822	7Curie	Noah Roberts
Year 8	2445	8Farah	Ukalina Lewis-Abuba
Year 9	2269	9Cavendish	Havin Goktas
Year 10	2368	10Schumann	Laia Spiteri, Euan Davies and Maasouma Alanazi
Year 11	1554	11Matisse	Flora Hiiko

School News:

Science Department - Crest Awards:

Many of our current Year 8 and Year 9 pupils have been delighted to receive their CREST Award certificates this week for their hard work in innovation at the end of last year. Da iawn, pawb!

PE Department:

Girls Cross-Country League:

Cardiff and the Vale of Glamorgan Schools Athletics Association hosted the first girls cross-country race of the season. The star runner for Willows was Skye Trebilcock who finished in 29th position out of 136 finishers. Skye showed outstanding fitness, pace



judgement and grit to achieve this performance. The Willows High School Cross Country Team needs more athletes, if you would like to run in the next race please contact Miss Moore.



Y8 Football Team:

We are incredibly proud of our Year 8 football team who showed excellent perseverance and determination against BroMorgannwg this week. Although beaten this time, we are confident that they have the potential to be a very strong team in the future! Well done all!

Extra-curricular Fun:

There are a wide range of extra-curricular clubs available after school every night at Willows. There are not only a great deal of sporting opportunities but also book club, anime club, choir and beauty club to name but a few! Please encourage your child to get involved, learn new skills and make new friends!



Join the
Anime Manga Club (AMC)
every Monday afterschool
at **G18, 3.30-4.30pm**
with Miss Santos

Come along if you are interested in anime and manga, as well as learning about the Japanese culture.

For more information, email dana.santos@willows.cardiff.sch.uk



Choir

Every Thursday
3.30pm-4.15pm

In the PAC

PERFORMING ARTS

**LOVE BOOKS
AND BISCUITS?
COME TO
BOOK CLUB
FRIDAYS
3.30-4.15 F3**

Every Thursday afterschool
at Room G18.
3.30 -4.30pm

Activities will be all about hair styling and make up. Bring your make up kit.

Only for Year 9 and 10

Email
dana.santos@willows.cardiff.sch.uk
for more information or to reserve your place

Newsletter Competition Winners:

A massive 'Willowstastic' Shout Out to the following pupils for their correct entries in last week's Brilliant Book Characters Competition:

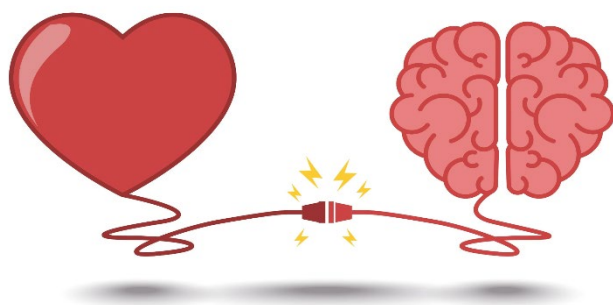
Shaida Tufiq, Mercy Agunbiade, Aparajita Hota, Coban Probert, Tairah Begum, Minahil Mahmamoud, Noah Roberts, Kane Williams, Gina Kong, Chloe Gauder, Jess Gauder, Jake Dunnett, Aidan Barrett, Hope Allen, Kayden Allen, Seren Davies, Grace Cox and Sophie Stapleton.

Enter this week, below, for a praise card and a lolly!

Health and Well-being:

Introducing Dr. Qashif Anwar:

Your health matters at Willows!



At Willows we believe a healthy mind and a healthy body are key to success in school and beyond. The importance of maintaining good mental and physical health amongst students has been well documented. Research indicates students who lead a healthy life function better, attain more and make greater progress. For this reason, at Willows we feel it imperative for students to continue to make health a priority over the coming school year.

Dr Qashif Anwar, a medically trained healthcare professional, based in the science department at Willows will provide weekly health information and proven techniques to improve student wellbeing and increase prosperity. Small changes will add up to make a big difference! If you would like to learn more about any areas specific to health, you can send your suggestions to qashif.anwar@willows.cardiff.sch.uk.

Covid-19:

Many thanks for keeping us informed of any positive LFT cases, and for booking your children for PCR tests if you are uncertain at the onset of Covid-like symptoms. Current positive cases at Willows remain in single figures within each year group. We strongly urge all members of the school community to **test twice a week** and to stay at home if you have symptoms or have a positive test.

Please be advised that if your son/daughter has to remain at home due to a positive test, if they are well and able to keep in touch with school work, then we have placed all of their work booklets onto their One Drive (accessed via their school office / e-mail account). However, we are very aware that some pupils who are isolating are unwell or unable to keep in touch. In all cases, pupils should not be disheartened or over-anxious as their teachers are aware of their situation and will give them guidance on their return.



Online Safety:

Many of the issues we deal with in school have been caused outside school by interactions on social media, in particular, Whatsapp, Snapchat, Instagram and more recently, TikTok. Please monitor your child's use of social media and advise them to only be part of groups containing trustworthy friends. Please also remember that all of these apps have an age appropriate rating to prevent harm to children. Our Safeguarding Officer has recommended the following website for advice for parents:

<https://www.thinkuknow.co.uk/parents/articles/parents-guide-being-social-online/>

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.

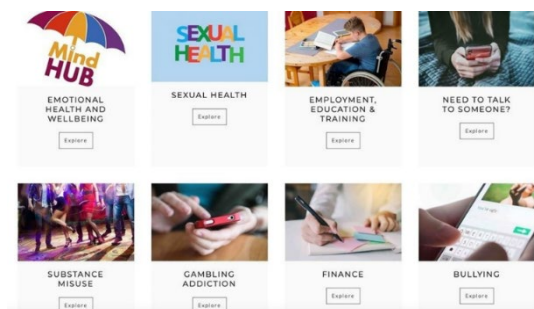
If you need a Foodbank Voucher please call Sam Watt (Family and Community Engagement Officer, Willows) in confidence on 02922 672744/07592 037937

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.

Community:

Railway Gardens:

Railway Gardens will be hosting a community ceremony with a cuppa on October 23rd. Tickets are available here. Why not pop along to get involved with an extremely worthwhile community project:

<https://www.eventbrite.co.uk/e/ground-breaking-and-a-cuppa-at-railway-gardens-tickets-181825554127>

Tremorfa Pantry:

We are also collecting prizes for Tremorfa Pantry's 'Guinness Book of World Record's' event in December. If you are able to donate a prize, feel free to drop it off at the school as well as donations being received at the pantry itself.

Be Kind:

A reminder that we have been teaching our pupils to greet others confidently with a 'good morning' or a 'good afternoon,' please encourage them to use these new found skills out and about in the community too. It will really make someone's day!

Job Vacancy:

We are currently looking a school receptionist, science technician and technology assistant. If you are interested in being the face of Willows High School or working with the science or technology department, please see our adverts on E-Teach:

- <https://www.eteach.com/job/receptionist-1180680?lang=en-GB&frmsrh=Y>
- <https://www.eteach.com/job/science-technician-1180812?lang=en-GB&frmsrh=Y>
- <https://www.eteach.com/job/technology-assistant-1180852?lang=en-GB&frmsrh=Y>

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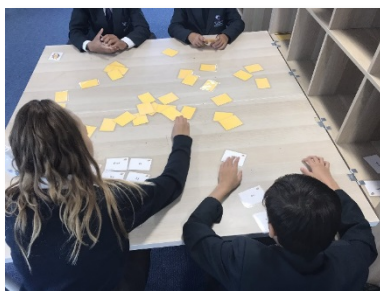
As always, thank you for your support. If there are any problems, we would appreciate that you contact the relevant person in school straight away rather than using social media platforms. We will always try our best to reach a solution and this will ensure your concern is seen and avoid any misinformation 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.

Kind regards,

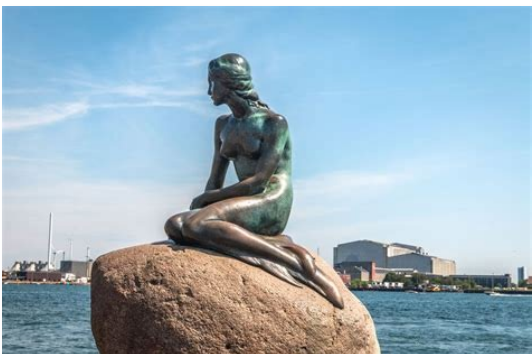
Team Willows



Landmarks in the Limelight :

Quiz: Can you name the six landmarks from around the world?

Email your answers to Mrs. Bubbins at Kelly.Bubbins@willows.cardiff.sch.uk - all correct answers received will win a prize.





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Executive Headquarters / Pencadlys Gweithredol

Woodland House
Maes-y-Coed Road
Cardiff
CF14 4TT

Ty Coeddir
Ffordd Maes-y-Coed
Caerdydd
CF144TT

Eich cyf/Your ref:
Ein cyf/Our ref: **FK-jtf-10-2021-023**
Welsh Health Telephone Network: 02921 836011
Direct Line/Linell uniongychol: 02921 836011

Fiona Kinghorn- Executive Director of Public Health

8th October 2021

Dear Parent/Guardian

Following the recommendation by the UK's Chief Medical Officers and the Welsh Government Ministerial decision, NHS Wales is currently offering the Covid-19 vaccine to all 12-15 year olds in Wales.

In Cardiff and Vale of Glamorgan, we have been inviting young people in this age group to receive their vaccination at our Bayside Mass Vaccination Centre (the Old Toys R Us Building) since Monday 4th October. Please find attached an information sheet about the Covid-19 Vaccine and sources of information to inform family decisions around vaccination. Please take time to read the information to help you make an informed decision and answer any questions you may have.

Invitation letters are being sent to the home address your child has registered with their GP Practice. We'd be grateful if you could ensure your GP practice has your most up-to-date address and contact details such as telephone numbers. If you have not received an invitation letter for your child by the 31/10/2021 please contact the booking centre on 029 2184 1234 to arrange an appointment.

If your child attends school in Cardiff or the Vale of Glamorgan but lives out of area, your child's invitation will come from the Local Health Board that your child's GP is registered with. Please do not call your GP to ask about an appointment.

For more information on COVID-19 Vaccination please visit the Health Board's website:

<https://cavuhb.nhs.wales/covid-19/cavuhb-covid-19-mass-vaccination-programme/>

I know that these are sometimes difficult decisions to make, but I hope that this information helps you in this regard. Vaccination forms a key part of our approach to tackling Covid-19 as we move into the Winter.

Yours sincerely

Fiona Kinghorn
Executive Director of Public Health, Cardiff and Vale University Health Board