



WILLOWS  
HIGH SCHOOL



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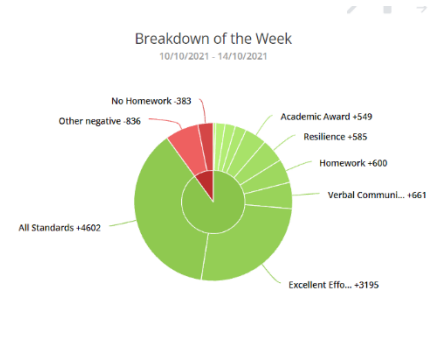
**BELONG, believe, ACHIEVE**  
**PERTHYN, CREDU, LLWYDDO**

**Weekly Newsletter – 15.10.21**

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

### Achieve:

This week, our assemblies have focused on completing our homework correctly. A reminder that **all pupils have one hour's homework every week night**. We pride ourselves on our homework reinforcing pupils' in-class learning and skills. Firstly, pupils are expected to revise from the Knowledge Organisers using 'Look and Cover and Say and Write and Check.' Pupils have seen a video showing them exactly how to do this and they can access this via their e-mail for further guidance. Pupils are expected to complete a short Mathswatch activity online and also read a book of their choice for at least 20 minutes. A reminder that the pupils have been informed of their reading age by their English teacher and advised as to which books will challenge and support their reading development. All pupils also have access to MyON – an online reading platform which they can use if there are no suitable books at home. If you have any questions on homework, please contact [Kelly.Bubbins@willows.cardiff.sch.uk](mailto:Kelly.Bubbins@willows.cardiff.sch.uk) who will be happy to help.



### Merits – 11.10.21 – 14.10.21:

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	3170	7Franklin	Noah Roberts
Year 8	1969	8Boston	Ruby Stanbury
Year 9	2465	9Attfield	Stefan Williams
Year 10	1830	10Novello	Aparajita Hota
Year 11	1596	11Inness	Daniel Salas

### School News:

#### Shwmae Su'mae Day:

Today is Diwrnod Shwmae Su'mae where people across Wales are encouraged to use the Welsh language more frequently so why not give it a go!

**Prynhawn Da** – Good afternoon

**Sut wyt ti?** – How are you?

**Da iawn, diolch** – Very well, thank you



### **PE Department:**

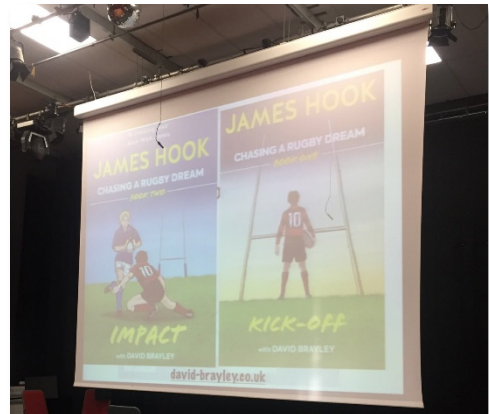
#### **Y7 Football Team:**

We are incredibly proud of our Year 7 football team who showed excellent perseverance and determination against Bishop of Llandaff High School this week. Although beaten this time, we are confident that they have the potential to be a very strong team in the future! We are very proud of your determination and resilience. Well done all!



### **English Department:**

This week we were delighted to welcome back David Brayley who unveiled his new book to our Y8's in Assembly on its publication day. David combined his love of reading and sport to encourage Year 8 to read for pleasure and we are sure that many of our pupils will be looking forward to reading his latest work, 'Impact,' co-written with ex-Wales rugby player, James Hook.



### **Active Travel Schools:**

Our Active Travel Group have great things planned for 'Active Travel Fridays.' See Mr. Sage if you want to get involved.

### **Careers:**

Many thanks to Viridor this week for talking to Year 11 pupils interested in careers in engineering. It was a pleasure to hear about both graduate and apprenticeship routes along with the endless possibilities of local employment in this sector.

### **Year 6 Visits:**

We are currently visiting the Year 6 pupils in our cluster primary schools to tell them about all that Willows has to offer. The pupils have enjoyed hearing about our character education and academic results. We have informed them about the variety of extra-curricular activities on offer and our specialist provisions to suit every need. The pupils have enjoyed asking us questions and dis-spelling common 'high school' myths. If you know any Year 6 parents in our community who would like to book a slot on our Open House tours over the coming weeks, please ask them to get in touch at [TeamWillows@willows.cardiff.sch.uk](mailto:TeamWillows@willows.cardiff.sch.uk)

### **Newsletter Competition Winners:**

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

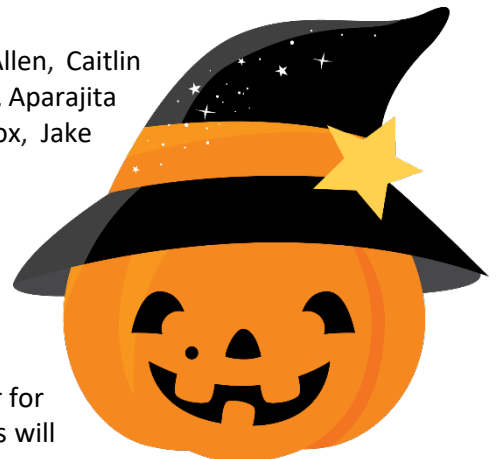
Kane Williams, Kayden Allen, Kiana Nikanramood, Noah Roberts, Hope Allen, Caitlin Tovey, Minahil Mahmoud, Mercy Agunbiade, Ruby Stanbury, Tahirah Begum, Aparajita Hota, Sophie Stapleton, Coban Probert, Cameron Ellis Sanders, Grace Cox, Jake Dunnett, Shaida Tufiq, Rebecca Ubamadu, Gina Kong and Megan Worthey.

Also to Gracjan Statcherski for last week's 'Brilliant Book Characters' Quiz!

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

### **Y7 Young Entrepreneurs' Club:**

The Year 7 Young Entrepreneurs' Club is planning to run a Halloween Bazaar for all Year 7s to attend during last lesson on Thursday 21st October. All year 7s will



be invited to the bazaar to celebrate the 'Willowstatistic' effort they have put in this term. There will be music, games (Pin the fangs on the Vampire and a Lucky Dip), nail painting/stickers, tattoos, treats and goodies, trinkets/decorations and pumpkins for students and teachers to enjoy and buy. If possible, please provide your Year 7 child with some spare change for the day. Pupils will also have the chance to pre-order a carved pumpkin for £2 but will need to bring this money at the start of next week to Mr. Varia. It is hoped that all money made will be used by the club to run a similar event before the Christmas holidays.

### **8Radcliffe are 'Showing Racism the Red Card!':**

8RA are supporting the charity 'Show Racism the Red Card' as part of their Genius Hour 'First Give' project. Pupils are asked to wear an additional red item to their uniform on 21.10.21. It is not a non-uniform day but pupils can wear something red to show their support and to raise awareness - this could be red socks, a red badge, a red pencil, red hat. If possible, all pupils should bring £1.00 and this will go towards the charity to help stop racism.



### **Health and Well-being:**



### **Mental Health:**

More Health Advice from our very own, 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 World Health Organisation recognises World Mental Health Day on 10th October every year. It was fantastic to see so many students and staff donning yellow last Friday to show support and raise awareness. This was a perfect opportunity for everyone at Willows to talk about the importance of protecting and sustaining good mental health. Willows was also able to collect funds for Young Minds UK, a mental health charity.

We  
all

**YOUNG MINDS**  
fighting for young people's mental health

have mental health, and alongside physical health it encompasses our overall ability to function from day-to-day. Our mental wellbeing can fluctuate and impact life to varying degrees. The COVID pandemic brought a considerable amount of fear, worry and concern. Moreover, many of us have had to face stressful and overwhelming challenges. Taking small steps in our everyday lives and learning to cope and look after our mental wellbeing in a healthy way will make you more resilient and improve your quality of life. Our lives can be very hectic however, giving yourself up to 30 minutes a day can improve your mental wellbeing significantly.

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 Dr Qashif Anwar at [qashif.anwar@willows.cardiff.sch.uk](mailto:qashif.anwar@willows.cardiff.sch.uk) or you can always find him in the science department at Willows.

**"Happiness begins with good health" - Dr. T. P. Chia**

### 5 minutes

- Make a cup of tea and enjoy it undistracted
- Cuddle a pet or soft toy
- Write a to-do list
- Text a friend

### 10 minutes

- Do a guided meditation
- Take a walk
- Do a quick tidy and clean of your room/workspace
- Listen to your favourite songs

### 30 minutes

- Take exercise - yoga, a run, a brisk walk
- Call a friend or family member for a catch-up
- Have a nap

#### **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 low 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.

We know that in general COVID-19 doesn't affect young people as seriously as it does others in our families and community. But to help keep others safe, there are still some things you/your child can do to reduce the risk of spreading the infection. We recommend your child and household:

- Remain alert for new symptoms. If you/your child start to feel unwell, with any of the symptoms described in this letter you/your child should stay away from school and take a PCR test.
- Keep washing hands regularly. This is still an important way to limit the spread of many infections, including COVID-19.
- If anyone in your household is eligible for the COVID-19 vaccine, but hasn't yet had both doses, please research and consider this.

-Information on accessing your vaccination is available here <https://cavuhb.nhs.wales/covid-19/cavuhbcovid-19-mass-vaccination-programme/>

We understand how disruptive the last year has been for everyone. This year we want to keep your child in school as much as possible, but we also want to keep to our part in keeping our communities safe from the effects of COVID-19.

#### **Covid vaccinations for pupils aged 12+**

Covid vaccinations will shortly be offered to all pupils aged 12+ and appointments will be sent to pupils' home address directly by the Health Board by 31st October. Please ensure your child's address is recorded correctly by your GP surgery. All pupils should be offered this vaccination by the 9th of November in the Bayside Vaccination Centre. Finally be cautious of any bogus communication and misleading information regarding the offer of these vaccinations and I direct you to the excellent resources available by Public Health Wales for parents and young people regarding this important vaccination programme:

<https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/resources-for-health-and-social-care-professionals/covid-19-vaccinationleaflets/covid-19-vaccination-a-guide-for-children-and-young-people-text-only-english/>



## 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](mailto:Danielle.Mackintosh@Willows.Cardiff.sch.uk)

## Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

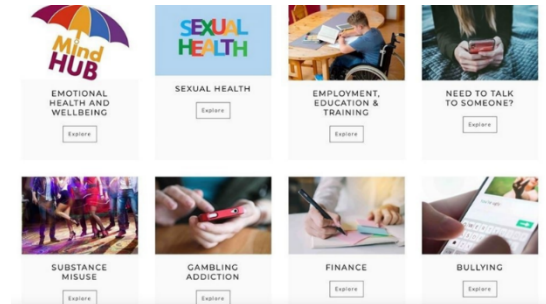
If you need a Foodbank Voucher please call Sam Watt (Family and Community Engagement Officer, Willows) in confidence on 02922 672744/07592 037937

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

## Community:

### Hate Crime Awareness Week:

Karl Watkins in Year 11 has asked us to draw your attention to ‘Hate Crime Awareness.’ Karl was involved in an event run by South Wales police recently to engage the community in discussion surrounding this topic. Karl joined the police and others to help explain what hate crime is and how to report it.

They also handed out chocolate and sweets – as well as leaflets and gifts.



Angen riportio rhywbeth i'r heddlu?  
Need to report something to the police?



Karl is passionate about this topic and along with everyone at Willows understands that there is no place for this in our community – we want to ensure that no-one feels left out and safeguarding our pupils and their families is our priority. Please do not hesitate to contact the police if you are aware of hate crime – they are there to listen and your concerns will be taken seriously.



## Railway Gardens:

We are proud to support our friends at Railway Gardens who will be hosting a community ceremony with a cuppa on 23.10.21. Tickets are available here. Why not pop along to get involved with an extremely worthwhile community project and see some of our 'Willowstastic' super-stars in action. Along with our local primary schools, we will also be fostering a tree in our school 'Gardd Hardd':

<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.

## StarGarAllott:

Join StarGarAllott Community Garden this Saturday to celebrate the work of their wonderful volunteers and organisations that support them.

## Diolch:

### INSET Day: Friday 22<sup>nd</sup> October

A reminder that next Friday is an INSET Day so pupils are not expected in school.

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**



StarGarAllott are holding an event to celebrate all the hard work of our volunteers and the wonderful people and the organisations that support us in Splott, Tremorfa and Adamsdown

**Flying the Flag for Community Growing**  
With a short tour of our plot  
Refreshments  
And short speeches  
Event supported by



For more information on our event, a map to show where our site is, or if you would like to get involved in community growing in the Star area please email us at [stargarallot@gmail.com](mailto:stargarallot@gmail.com)

**Saturday 16th October**  
11:30 am  
Plot 151, Pengam Permanent  
Allotments, Rover Way, Tremorfa Cardiff CF24 2TP.

Or find us on Facebook



Stargarallot Community Garden

**Famous Figures:**

**Quiz:** Can you name the six figures from British History?

Email your answers to Mrs. Bubbins at [Kelly.Bubbins@willows.cardiff.sch.uk](mailto:Kelly.Bubbins@willows.cardiff.sch.uk) - all correct answers received will win a prize.

