




WILLOWS
HIGH SCHOOL



BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

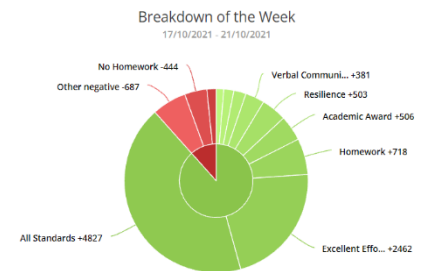
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Weekly Newsletter – 22.10.21

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

Belong:

It has been a pleasure to see the how well our Y7 pupils have settled in this half-term and we celebrated on Thursday with a Halloween Bazaar run by the Y7 Young Entrepreneurs Club. This weekend, we are celebrating belonging to our community by donating to Tremorfa Pantry and by our choir and other pupils performing at the 'Railway Gardens' event on Saturday. We have welcomed a number of Y6 parents through our doors to tour our school and have been out talking to Y6 pupils in our feeder primary schools. In this newsletter, you can read about the racism some of our pupils and parents have suffered in the past and we hope that this will educate others and encourage them to make others feel welcome and that they belong in our community. On this note, we wish you a happy half-term and ask you to encourage your child to celebrate Halloween safely and with consideration for our neighbours and community including the elderly and vulnerable.



Merits – 18.10.21 – 22.10.21:

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	2568	7Curie	Marley Boston and Gracjan Statcherski
Year 8	2114	8Farah	Samuel Nicolau
Year 9	1946	9Plato	Julinho Brito Mendoca
Year 10	2073	10Schumann	Aparajita Hota
Year 11	1292	11Matisse	Bianca Cristescu , Amy Dang and Rabica Abdirahman

School News:

PE Department:Y10 Football Team:

A dramatic penalty shoot-out for the Y10's this week against Cardiff West. Our team worked their football socks off! Although they didn't win, there were a lot of positives to take from the game and we are confident that our team will bounce back!



Art Department:

The Art Department were really lucky to have had the opportunity to have two Willows ex-pupils (Alicia Manning and Sufia Khutan) come into school to talk to the Year 11 Art class about their A 'level Art work and their experiences of sixth form college at St. Davids.

The quality of the A-level Art work was truly inspirational and gave all of the year 11 pupils ideas and areas to develop in their own Art work, which was invaluable.

Both ex-pupils then held a Question and Answer session about college life, which answered many of the year 11 questions.



English Department:

Black History Month and 'Show Racism the Red Card:'

Ms. Amos in the English Department has collected a number of short stories and poems to mark 'Black History Month' and 'Show Racism the Red Card' Day. We have included some of our parent and pupils' experiences here. We are very proud of the diverse population of our school and hope that the writing below encourages thought and further kindness to others. On our walls, we have the quote, 'Everyone is fighting a battle you know nothing about. Be kind always.' We hope that this inspires our pupils to take care of others.

The Story of My life by Mulzalfa Jamala 9SO

Everyday I'd say to my mum, "I'm bored", as we live in a hostel, and she would tell me to go outside. When I went out I saw a girl staring at me and then she took a picture. She was looking at me like someone who wanted a fight but it was the first time I'd ever seen her, so I ignored her gaze.

The next day I saw her again (in the park playground) and she told her mum that we were friends. When her mum went home, she started saying really bad things to me. She said, "You are black and you don't take a shower because you are black."

I replied to her, "You are being racist."

She commented back, "Your brother is chocolate."

I thought these are her first comments so I will not answer back but if she is racist again then I will reply.

She started again by telling me that she hated people who are Muslim. I felt angry, so I threw her phone away. I got in trouble for this.

I don't know why black people are hated. I wish these people would stop what they are doing.



A Parent of a Y7 Pupil's Story:

I went for a trip to Prague with my kids and we were attacked there by some people for no reason, we did not even say a word against them. They started shouting at me and my children: "Gypsies to the gas chambers! You don't belong to the Czech Republic!" I was extremely scared; they were throwing stones at us. That was one of the incidents that I had to go through with my children in Prague.

Another time, my little daughter was poorly, she had big problems with her tummy so I rushed her to A&E, and this is what happened: we were waiting there since morning, they did not do anything for us, they didn't even ask me what was wrong with my daughter, they took no notice of me, pretending as if I weren't there. My daughter was vomiting, she was running a fever and still, they took no notice. I started crying, begging them to take care of her, that I had been waiting since morning but they did not even check her out, they told me to give her some tea and told me not to give her anything to eat. They rejected her like a stray dog. I took her back home, she continued being sick, she passed out. I called an ambulance. When the ambulance came, my daughter was taken straight to hospital where she was immediately taken to the operating theatre with appendicitis. That's what happened, you have no chance to get a proper medical attention. It is awful.

You want to get a job in the Czech Republic. When they see that you are a Roma, there is no vacancy. Roma people in the Czech Republic simply do not have a chance, just because they are black.

In the Czech Republic I experienced the worst time of my life. They treat us like vermin. I was not even offered anaesthetics by the dentist, he pulled my tooth out without an injection, I screamed with pain and he just shouted at me to shut up. He was a nasty racist.

There is more like this that I had been through but I will stop here.

Racism Poem by a pupil in Y7:

If I had twenty seconds with a racist brain,
I'd try to show him underneath we're all the same
Maybe let him see a real sufferer's pain
And hope his heart one day will change

If I had 10 seconds with a racist fan,
I'd ask if racial abuse made him more of a man?

And with the last five seconds I'd ask him why he did it,
These are the things I'd ask if I had one minute.

Willows Social Enterprise Club: It has been a long time since we last had some products to sell but we have been recruiting and have some new workers, new products and exciting news. You can now find us at www.secwillows.co.uk along with Etsy, twitter @secwillows, Facebook and coming soon Instagram and TikTok. If you order products from our Facebook group then you can receive a discount of up to 20% from our Etsy shop and receive free delivery if you live within 5 miles of the school.

For those new to our school and newsletter, SECWillows is a social enterprise club for students of willows where they design, make and sell products receiving 100% of all profits. We only use tools that are found in the home or can be bought from LIDL/ALDI as this enables all



workers to be able to make products themselves based on the skills learnt at home. We do not receive funding as we have not asked for it and our completely self-sufficient.

Thank you for your support and we look forward to your custom.

Careers:

This week we welcomed Zoe and Hannah from BBC Studios who spoke to Y11 pupils interested in a range of different roles available in television. Their advice was invaluable and we look forward to seeing many of our pupils working in this upcoming industry in Cardiff in the near future!

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. Remember that the deadline for applications to Cardiff Council for the first round of admissions is November 22nd 2021. Make Willows your first choice here: <https://www.cardiff.gov.uk/ENG/resident/Schools-and-learning/Schools/Applying-for-a-school-place/Secondary-school/Pages/default.aspx> If you need any help completing the form, please visit our school reception and one of us will be happy to help!

Newsletter Competition Winners:

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

Grace Cox, Hope Allen, Kayden Allen, Ruby Stanbury, Gina Kong, Noah Roberts, Jack Read, Seren Davies, Aparajita Hota, Chinaza Okafour, Coban Probert, Kane Williams, Mercy Agunbiade, Chloe Edwards and Minahil Mahamoud.

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

Y10 Pupil Sings for the Queen:

We are extremely proud of our Year 10 pupil, Kamilli Kimiti who recently sang for the Queen as a member of the Welsh National Youth Opera. Here Kamili tells her exciting story:

On the 14th of October, I performed with Welsh National Opera at the sixth opening of the Welsh Parliament — which was attended by the Queen! It was an extremely busy day and we were working on a very, very tight schedule as there were a lot of other moving pieces to be worked out, to ensure the event went smoothly. The other members of WNO and I arrived at the Senedd at 8:30 am and stayed in the seating area at the top of the building. I was able to see the canons being prepared by the water and the Queen's Guard line the street and practice their marching. There was a band of four trumpet players dressed in fancy, regal gold outfits stationed across the Senedd — I don't think we ever heard them rehearse but they played perfectly when it came time for them to!

We were stood on the stairs when the Queen arrived, we were dressed in our WNO uniform's whilst she wore a colder pink colour. While we sang Ar Llan y Môr, she walked through the building and toward the elevator, then down into the chamber when we came to the closing of the song. The experience as a whole was wonderful, I'd never been part of such a big, royal event before then. I'm still extremely grateful I was given the opportunity!



Halloween Bazaar - Y7 Young Entrepreneurs' Club:

The Year 7 Young Entrepreneurs' Club hosted their Halloween Bazaar on Thursday afternoon. Great fun was had by all with 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. The club made a whopping £300 and will use this to fund their next enterprise! We can't wait to see what they do next!



Trips:

A reminder that there is information regarding the following school trips on Parent Pay:

- Y7 – Harry Potter World, London.
- Y9 – 'The Curious Incident of the Dog in the Night-time' at the New Theatre, Cardiff.
- Y7 – Y10 – French and History Trip to France.

Health and Well-being:

Period Dignity:

The Welsh Government are asking for views on period dignity here: <https://gov.wales/period-dignity-strategic-action-plan>

The Importance of Sleep:

Your health matters at Willows!

This week, Dr Qashif Anwar advises on how to get a better nightly sleep

At Willows we believe a healthy mind and a healthy body are key to success in school and beyond. Last week, I highlighted small changes we can all make in our everyday lives to look after our mental wellbeing. Further to this, getting a better nightly sleep is also vitally important for your physical and mental health. It is well known, those with poor sleep experience tiredness, bad mood and lack of focus. More concerning, regular sleep deprivation can increase your risk of heart disease, high blood pressure and diabetes. It may even shorten your life expectancy! Implementing sleep hygiene ensures a better sleep, improves productivity and overall quality of life.

How much sleep do we need?

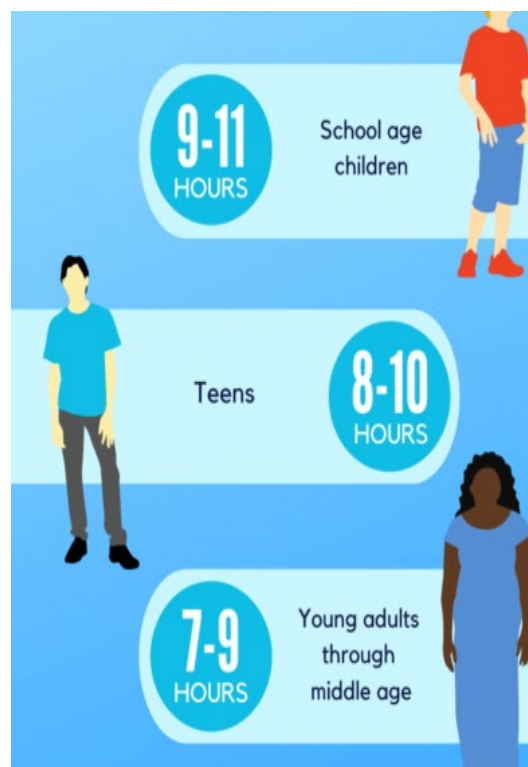
Sleep should be considered an important activity of our day. A good night's rest can boost your health in many ways and below, I outline four good sleeping habits.

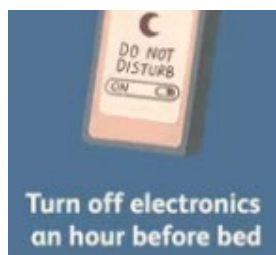
Small changes will add up to make a big difference! If you would like to learn more about any areas specific to health, you can send your suggestions to Dr Qashif Anwar at:

qashif.anwar@willows.cardiff.sch.uk

or you can always find him in the science department at Willows.

"Let her sleep, for when she wakes, she will shake the world" - Napoleon Bonaparte





Turn off electronics
an hour before bed



Get up and go to
sleep at the same time



Limit caffeine



Avoid large, fatty
meals prior to sleeping

Student Health and Wellbeing Survey 2021

We are excited to be taking part in the SHRN Student Health and Wellbeing Survey 2021 after half term. The School Health Research Network is led by Cardiff University in partnership with Welsh Government, Public Health Wales and Cancer Research UK. Every two years, schools in the Network are invited to take part in the Student Health and Wellbeing Survey. The information collected in the survey is used to compile a Student Health and Wellbeing Report for each school, which supports their work to improve their students' health and wellbeing.



We will share the results with pupils, staff and parents and use this to guide our approach to improving wellbeing throughout the school based on the results. Please look at the letter to parents in the following link which gives more information about the survey. Pupils have been spoken to about the survey in their assemblies but please feel free to discuss it with them. The intention is to survey every single pupil in the school so that we can get as true a picture of pupil wellbeing as possible. A link to the survey has been sent directly via text and can also be accessed here:

<https://www.willowshigh.co.uk/wp-content/uploads/2021/10/Health-and-Wellbeing-survey-letter.pdf>

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

Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

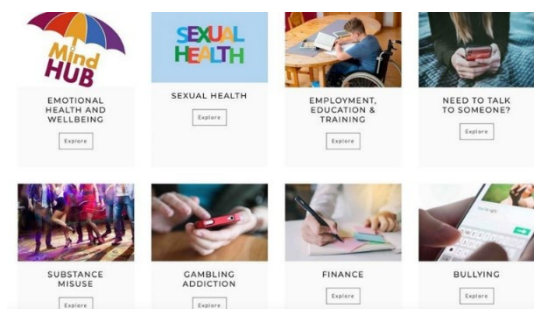
If you need a Foodbank Voucher please call Sam Watt (Family and Community Engagement Officer, Willows) in confidence on 02922 672744/07592 037937

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:

Keep Splott Tidy:

Here's a date for your diary, join our friends at 'Keep Splott Tidy' on Sunday 5th December for their annual Christmas fancy dress litter pick! Meet at the Splott Road Vaccine Centre at 9:30 am and do something positive for your community and spread kindness at this time of year!

Railway Gardens:

A reminder that our friends at Railway Gardens will be hosting a community ceremony with a cuppa tomorrow, 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' superstars in action. Our school choir will be performing and our pupils will be reading their thoughts on the project. 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>



SUNDAY 5TH DECEMBER 2021
Keep Splott Tidy
Christmas fancy dress litterpick

**SPLOTT ROAD
(VACCINE CENTRE)
9:30 AM**

Have your 'elf' a Merry Christmas!
Your 'presents' is requested for our annual Christmas litter pick!

To coincide with Cardiff's very own Santa dash, it's time to 'spruce' up Splott Road.

You 'snow' the drill... Come wearing your most festive outfit and let us see you 'sleigh' it!

All equipment will be provided 'yule' have have a great time 'fir' sure!



Tremorfa Pantry:

This week we delivered our teachers' contributions to Tremorfa Pantry's 'Guinness Book of World Records' Tombola event. We are delighted every week to see the updates performed by our two talented pupils, Kane and Ronnie! We wish the Pantry all the best and will continue to encourage the community to donate and get involved in this worthwhile cause!

Diolch:

Again, we wish you a happy half-term and ask you to encourage your child to **celebrate Halloween safely and with consideration for our neighbours and community including the elderly and vulnerable.**

School starts up again on **Monday 1st November** for all pupils. Please be aware that **the only pupil entrance/exit that will be available is the one on Meirion Place**, this is due the amount of traffic and parked cars on Mercia Road.

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

Fantastic Films:

Quiz: This week, Y7 have requested a classic children's film stills quiz – so can you name these fantastic films?

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



OCTOBER HALF TERM 2021

SCHOOLS NEWSLETTER



The Cardiff Commitment



The **Cardiff**
Commitment
Addewid Caerdydd

Ambition | Opportunities | Skills
Uchelgais | Cyfleoedd | Sgiliau

Online Resources and Events

Internet safety resources

Internet Matters have created a hub of resources to help teachers keep children safe online. You'll find a selection of resources you can use in the classroom with children or use our parent pack to continue the online safety conversation at home.

Click here: [Online safety resources for primary schools | Internet Matters](#)

Free printable Halloween worksheets

Free printable Halloween worksheets available here: [Halloween Worksheets & Free Printables | Education.com](#)

Code Monkey



CodeMonkey offers educational resources for students of all different ages and experience levels. Students not only learn coding basics, but also how to code in real programming languages. Through CodeMonkey, kids will develop the necessary skills for the future while having fun!

Sign up here: [Coding for Kids | Game-Based Programming | CodeMonkey](#)

OVERVIEW:

Welcome to our monthly Cardiff Commitment Newsletter to inform schools and partners of projects which have been developed to support schools, children, young people and their families.

Alternatively if your organisation or school needs support from the Cardiff Commitment team then please get in contact by emailing:
cardiffcommitment@cardiff.gov.uk

Cardiff Commitment Resource Page: [Cardiff Commitment - Teaching Resources](#) (google.com). This page is constantly being updated so keep checking for new resources and activities.



Think Like a Rebel

This November Cardiff Youth Service are working with Rebel Business School to help teenagers across Cardiff to experiment with business ideas.

From the 8th November 2021, Think Like a Rebel Week will include a series of LIVE and ONLINE sessions across the cities to test your ideas

Start here: [Think Like a Rebel - Cardiff | Rebel Business School \(therebelschool.com\)](#)





Scary Skulls and Skeletons at Bute Park

Do something a bit different this Halloween, inspect Bute Parks collection of weird and wonderful skulls, bones and other interesting finds. Dissect an owl pellet to see what bones and skulls can be found inside. Enjoy some themed arts and craft activities too.

This event will be indoors. Meet at the **Visitor Centre, Bute Park CF10 3DX** - next to the **Secret Garden Café**

Free sessions are available for 10:00am, 11:30am and 13.30pm.

**Discover something out of
this world at..**

TECHNIQUEST

Take a trip to Techniquest this half-term holiday and enjoy a show in the Science Theatre while you're there. Spooky spectral science demonstrations will get you in the mood for Halloween, while there's lots of fun to be had on the new exhibits: launch a rocket, test your strength, burn some calories, try a virtual operation, get blasted by a hurricane and create your own digital fireworks in time for Bonfire Night!

Capacity is limited to allow plenty of time to enjoy all of the exhibits, so book ahead [here](#).



Half-term family activities

Little Monsters Halloween Disco

On **31st October** at the **Vulcan Lounge** we will be all dressed up in our over the top Halloween decorated venue! We will be providing some music, snacks and trick or treats from **12-3pm!** This Event is aimed at the under 10s, but the bar will be open for the parents. We have a spooky piñata, Stick the nose on the witch, Temporary Halloween Tattoos and hopefully a few more things planned for the afternoon.

Its completely **FREE ENTRY** however if you would like to show some appreciation we do have a box on the bar for Noah Arks Children's Hospital which we think is a great local charity so donations are welcome.

More info here: [Little Monstas Halloween Disco, The Vulcan Lounge, Cardiff, October 31 2021 | AllEvents.in](#)

Parc Play, Cardiff

PARC
all weather play

From Monday 24th-Friday 28th October, 10am-6pm Parc Play will be hosting Halloween themed activities including story sessions (11am and 2pm), treasure hunts, a colouring competition and more. Standard admission prices apply.



BBC Teach: Black History Month



A collection of short films for primary schools, exploring the experiences and contributions of people from communities across the UK, and celebrating the rich contribution of the black community to the culture, society and economy of the UK.

Black British Stories - BBC Teach



First Campus is a Reaching Wider HEFCW-funded programme aimed at widening access to higher education by working with our communities in South East Wales; transforming lives through learning, tackling barriers and shaping pathways to higher education. All of our programmes are fully funded and accessible for all pupils, delivered in partnership with Higher Education Institutions.

The KS2 programmes planned for this academic year include:

- Mission to Mars
- Creative Coding
- SHEP summer programme
- Transitions
- Turnip Starfish

Email ebewan@cardiffmet.ac.uk to register your schools interest!

INTO FILM

Into Film: Dreams of Mars

November 2020's Film of the Month winner is the enchanting animation Dreams of Mars, from filmmaker Velvet, in Bristol. An inspiring stop-motion short that sees a young woman fulfil her dreams of travelling to Mars with an all-women astronaut crew. Watch the winning film [here](#).

Want to submit your own film to compete for the Film of the Month? Click [here](#) to enter!

Cardiff Commitment Virtual Open Your Eyes Week



Registration is now open for our virtual Open Your Eyes Week, the w/c 15th November, for years 5 & 6. The week is designed to ignite and inspire interest in a wide range of occupations amongst primary school children.

Organisations such as Willmott Dixon, Renishaw, UK Civil Service, Dwr Cyrmu Welsh Water, Principality Building Society, NHS Wales and Cardiff Metropolitan University will deliver sessions live via MS Teams throughout the week with the opportunity for primary schools to engage virtually.

If your school would like to take part, please email cardiffcommitment@cardiff.gov.uk.

Football Fiesta: Half Term Camps



Football Fiesta's Half Term Camps provide the ideal opportunity for youngsters to have fun and stay active. All taking part in the Fan Park at Football Fiesta the camps run from 9am-3pm and are designed to give children aged 6-11 the opportunity to learn and practice a range of techniques, whilst expressing themselves in a fun, safe and sociable environment.

On the 30th October there will be a 'Fright Night' theme, there will be plenty of tricks and treats to thrill the children taking part!

Book online [here](#).

Calling all young writers!



For the second Royal Mint are holding a short story competition for pupils aged 8-11. This time the topic is the Queen's Platinum Jubilee in 2022 - which means she will have been Queen for 70 years!

All you have to do is send them a story of no more than 500 words before 3rd December 2021 and you could see your story illustrated by a professional artist as well as winning a special silver coin for yourself and £5,000 worth of equipment and books for your school library.

For more information visit [Short story competition \(royalmintmuseum.org.uk\)](https://royalmintmuseum.org.uk), or email storycompetition@royalmintmuseum.org.uk

CAER Heritage Hidden Hillfort



One hour in-school tailored workshops which introduce the history and archaeology of Cardiff's oldest and largest monument, Caerau Hillfort, and allow pupils to get hands on with heritage. This can be delivered as part of the Transition project or as a stand-alone workshop.

We are currently working with Cardiff University undergraduate students who are developing new one hour workshops for schools at Key Stage 2: these will be available in the coming year.

If your school is interested in taking part in primary provision we offer, please contact the team on: hiddenhillfort@aceplace.org



Secondary School Opportunities

dentsu **Rise up Challenge**

Dentsu International has launched their 'Rise Up' challenge for young people aged 15-24 to learn how to bring their ideas together to inspire consumers to drastically reduce their food waste whilst also learning new digital and communication skills. Winning entrants also have the opportunity of internships or work experience with Dentsu!

Sign up here. [Dentsu Code Rise Up - Connectr](#)

BBC Teach: Black History Month Literacy Lesson



Presenter and journalist Ayshah Tull and teacher Mrs Vee, star of Bitesize Daily and Live Lessons, explore the inspirational lives and contributions of black writers, musicians, activists and more.

Together with guest readers Angelica Bell and David Lammy, they explain how language is used in songs and speeches to inspire us, demonstrate the importance of proof-reading, and challenge pupils to write about their dreams for a better world.

Join the lesson here: [Literacy Live Lesson 3 - KS2 / First & Second Level - BBC Teach](#)

SheCodes

Discover what coding is and why now is a great time to learn with SheCodes FREE coding class!

Reserve your space here: [SheCodes FREE Coding Class for Women | SheCodes](#)



What is First Campus?

First Campus is a Reaching Wider HEFCW-funded programme aimed at widening access to higher education by working with our communities in South East Wales; transforming lives through learning, tackling barriers and shaping pathways to higher education. All of our programmes are fully funded and accessible for all pupils.

Email ebewan@cardiff.ac.uk to register your schools interest!

The Change Makers Initiative



The Change Makers Initiative in Partnership with The Burns Price Foundation supports young people under the age of 19 from across the UK, with grants of £100 each to work on grass roots level ideas with art and science at the core of the social action project.

What you will receive as part of this award:

- Initial financial support to the amount of £100 per project
- Higher level of funding (up to £5000) will also be available if the project scope is wider than the initial amount of funding
- Mentoring support

Apply here. [The Change-Makers Initiative \(burnspricefoundation.org.uk\)](http://burnspricefoundation.org.uk)

Secondary School Opportunities



The Work Experience Courses are aimed at Schools and FE establishments, Yr 10/11+, to attend a residential 4/5 day course designed to enhance their understanding and to experience a taster of what life is like.

The confirmed dates for Crickhowell are 01-04 November 21, 10-13 January 22 and 07-10 March 22, but further dates are being added, so Schools and Colleges will be able to book out to the end of 2022.

Contact Richard.Miller346@mod.gov.uk for more information.



NHS Wales Careersville

Careersville is an innovative, fully bilingual platform developed by NHS Wales Careers to showcase the wide range of career opportunities available in health and social care in Wales to learners and young people aged 14-16.

Learners can visit the skills library to access useful resources including interview tips to help prepare them for the world of work, as well as discovering the benefit of using Welsh in the workplace as part of our Welsh corner.

Access the platform here: <https://careersville.heiw.wales/>

Teachers pack:
https://rise.articulate.com/share/LQjMWR-4lIYoOGTeKON_vol3S-g_Div#/



Techniques 'Careers in Climate Change' Virtual Event

Aimed at 13- 18-year-olds, Careers in Climate Change is a unique, opportunity for companies and organisations to showcase research being undertaken to mitigate and adapt to the challenge of climate change. There will also be careers information from each company for your students and a choice of STEM ambassador employees to participate in Live Chat sessions to answer questions from students.

Go to this link to register [Save the date for 'Careers in Climate Change' | STEM](#) and get your students involved in COP26!



Tech We Can is a set of lesson packs designed to be taught to both boys and girls to use in your classroom, and at home.

They create free school resources and lessons, for use by teachers or parents, to improve technology literacy and inspire young minds about what a career in technology could look like. Called 'Tech We Can', the programme is hosted online by our strategic partner, UST.

Tech We Can also train and provide resources for their members, enabling them to host lessons and role model sessions as a community of Tech We Can Champions, delivering change at scale.

Visit [Tech We Can | Change the ratio](#) to find out how you can get involved!

Post 16 Opportunities



Ready to take that next step towards employment but wondering how to start? Unsure about how to find and apply for relevant jobs? Maybe you want to do some training to boost your CV. Whatever your query; the [Into Work Advice Service](#) is here to support you on your journey towards employment.

Follow this link for more info: [Finding Your Next Job - Cardiff Works : Cardiff Works \(cardiffworksrecruit.co.uk\)](#).



Hoop recruitment

Are you looking for a job in Nursing, Social Care, Education, Human Resources or Social Work?

Find your next job with Hoop here: hooprecruitment.co.uk



Kier Construction - Onsite Experience Construction Hub

Are you seeking employment, looking for a change of career or taking part in a construction course and looking to gain onsite experience?

Enrol in the Kier Onsite Experience Construction Hub and gain:

- Onsite work experience working alongside construction professionals
- Basic construction training courses delivered by a recognised provider
- Employability support
- Confidence and Team building opportunities
- Pathways into construction careers advice and guidance

Contact Jessica O'Donnell to refer participants or for more information:
Email: jessica.odonnell@kier.co.uk
Mobile: 07548092948



itec traineeships



SKILLS AND
EMPLOYMENT

itec currently deliver the following routes through their traineeship programme:

- Hairdressing
- Barbering
- Beauty
- Business
- Customer Service
- Motor Vehicle
- Hospitality and Catering
- Health and Social Care

View [traineeship opportunities with ITEC](#).



Screen Alliance Wales Covid Certified Course

As part of their ongoing support for people looking to get into the industry, Screen Alliance Wales is offering a free and industry backed COVID-19 training For Film & T.V course. It is designed to prepare TV and film professionals for returning to work amidst the current COVID-19 pandemic.

It will give you key information, share good practice, consider scenarios and examine the legal expectations of you returning to work.

Visit www.screenalliancewales.e-coach.co.uk to register for an account on their Learning platform and earn your certificate today.

Army in Wales Engagement 22nd-26th November 2021



ARE YOU READY TO MEET THE ARMY IN WALES?

The Army in Wales will be delivering engagement activities in your area during the 22 – 26 November 2021 either face to face following COVID-19 rules or virtually over a suitable platform (TEAMS ZOOM Google meet).

The Army has developed a number of educational resources for schools. British Army Supporting Education [BASE](#) web site provides the opportunity for schools to download STEM activity packs for teachers to use or [booking the Army team](#) to attend your school to deliver engagement through the Army in Wales, Armed Forces Pathway scheme.



Opportunities for Young People regarding their Next Steps

Cardiff Commitment's social media Twitter, Instagram and Facebook pages are sharing opportunities for young people such as Trainee and Apprenticeship opportunities, CAVC, Careers Wales, Post 16 provision in 6th forms and more.

Please like, share, tag and comment on the Cardiff Commitment social media to spread the word to young people, parents and carers, teachers and communities

'What's Next?' – A platform that centralises provision and opportunities in Cardiff for young people aged 16-24



The 'What's Next?' platform has now been live for approximately 3 months and plays host to over 150 opportunities for young people. During this time the platform has received over 6000 page views with visitors to the site most frequently visiting our 'Get a job or apprenticeship' and 'Do some work experience' pages.

'What's Next?' categories now host a 'live' pages feature. These pages host a wide range of employment, apprenticeship, graduate, internship, work experience and starting a business based opportunities. These opportunities are time bound, so be sure to check them frequently! Some of our top picks so far include:

- Tui; Summer 2022 Cabin crew
- Pineshield Health & Social Care Services; Social Media Officer
- The Onsite Construction Academy
- Innovate Trust's Step-On project for those with ALN
- CAVC Esports Extended Certificate course
- Springpod's University of Oxford's degree taster
- Rebel Business School – Working with Cardiff Youth Service to help teenagers across Cardiff to experiment with business ideas.

As we look to develop the 'What's Next?' platform, we are keen to get the thoughts of those who use it. Feedback can be provided via an online survey which can be found on our homepage. Those who complete the survey are able to enter a prize draw to win a £50 St David's shopping voucher. In addition to this, our team at the Cardiff Commitment are holding focus groups with young people to ensure their voices are central to all future developments of 'What's Next?'.

Visit the platform here: www.cardiff.gov.uk/whatsnext

FOLLOW US



CONTACT US

Cardiffcommitment@cardiff.gov.uk
02920 788565

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

