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Weekly Newsletter – 05.11.21

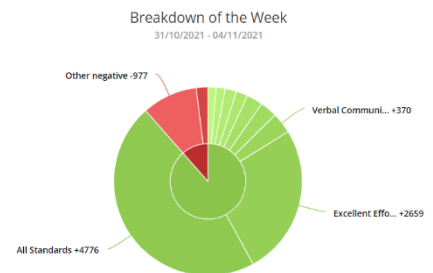
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Believe:

It's been another busy week at Willows High School. We would like to thank our dedicated staff for going above and beyond into helping our pupils settle back after half-term and for providing numerous opportunities to enrich their educational experience.

Merits – 01.11.21 – 05.11.21:

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	2179	7Franklin	Nachi Chanaudomrungrot
Year 8	1630	8Boston	Rehman-Ali Ismail
Year 9	2348	9Cavendish	Candice Ncube
Year 10	1658	10Novello	Daniella Nakazzi
Year 11	1286	11Inness	Alima Akinsanya

School News:

PE Department:

Rubicon Dance Company

Willows has been identified as one of Rubicon's Leverhulme Schools and will participate in a 4 year project. This term Lucy and Sian will be leading a dance project every Monday with a range of classes where they explore movement and dance using fun, dynamic and creative methods. The aim is to provide pupils with the opportunity to express themselves through dance.

This is an exciting long-term collaboration between Willows High School and Rubicon Dance which we are lucky to have based in our community.

Rubicon Extra-Curricular Dance Club will take place this term every Monday 3.30-4.30 in the Theatre, this is fully inclusive to both boys and girls of any year group and ability so bring your kit and join in.



PIC•COLLAGE

Girls' Football Club:

After running a pupil voice poll asking the girls which extra-curricular activity they would like this term, football gained the most votes. On Tuesday a group of girls across different year groups attended our first session in the barn. After a brutal warm up and some skills we played a very competitive game. The girls are keen to form a team but we need more players. If you are interested in just having a kick about and a good sweat or you want to play for the school, why not join us every Tuesday 3.30-4.30. All abilities welcome, it would be great to see more of you attend.



Y11 Football Match:

The Y11 football team played a gripping match against Bro Edern this week. Despite battling for the duration, Willows lost 1 – 3. We are extremely proud of the team's resilience and perseverance.

Careers:

Y11 pupils were lucky to have a careers' talk this week by Charlotte Balcombe from PD Architects. The pupils learnt about the training involved to become qualified, daily duties and the processes involved on sites. They left enthused and excited about this potential pathway. Diolch!

New Extra-curricular clubs this half-term:

We would like to draw your attention to the new clubs that are being added to our extra-curricular timetable this half-term:

Coding Club:

Mr Hussein and Y11 pupil, Marzooq Subhani will be running a coding every Tuesday after school. This is an opportunity for all students to gain Computer Science experience and we will be covering Scratch, Microbits and Python.

Students do not need any prior knowledge or experience in coding or programming to join the club.

Books and Biscuits:

The English Department will be running a books and biscuits club for our avid readers at 3.30 pm every Friday in F3. Come along to discuss some of your favourite books and characters with like-minded friends.

Y11 Product Design:

From 3.30 to 4.30 pm every Wednesday, Mr. Konten will run a session for the Y11 Product Design pupils to provide opportunities to enhance their project work.

Y11 English Drop-in:

From 3.30 pm every Wednesday, Mrs. Lo Celso will be available to help any Y11 pupils prepare for their upcoming exams – please call in if you need any help in this area.

Year 6 Visits:

Our school tours are still available for prospective parents. 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 half-term's 'Fantastic Films' Competition:

Kane Williams, Minahil Mahmood, Aparajita Hota, Amy Musto, Hope Allen, Kayden Allen, Grace Cox and Noah Roberts

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

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>

In a few weeks, we will be feeding back the results of last term's pupil and parent 'period questionnaire' in assemblies. If you do not wish your child to take part in this, please e-mail their Welfare Officer to let them know and alternative arrangements will be made.

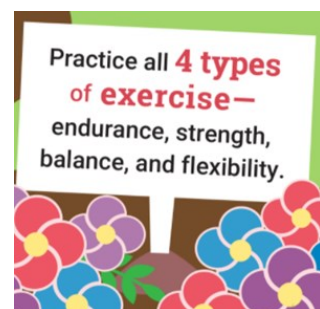
Your health matters at Willows!

This week, Dr Anwar advises on making better diet and exercise choices



At Willows we believe a healthy mind and a healthy body are key to success in school and beyond. Before half term, I highlighted small changes we can all make in our everyday lives, such as getting a better nightly sleep, to look after our mental and physical wellbeing. Further to this, learning how to make healthy diet and exercise choices can improve your overall quality of life and lead to a healthier future. It is well known, good nutrition and regular exercise are the building blocks for strong and healthy development. Those who eat

healthily and exercise feel better about themselves, excel academically and are less likely to experience health problems such as high blood pressure and diabetes later in life. Implementing and establishing your own diet and fitness plan will increase your chances of success.



What do I include in my diet and fitness plan?

Set short-term goals and 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.

"Start where you are. Use what you have. Do what you can." - Arthur Ashe



Flu Immunisations:

You should recently have received a text about the upcoming flu immunisations on November 15th 2021. In case you missed it, details and consent can be found here:

<https://www.willowshigh.co.uk/wp-content/uploads/2021/11/Flu-vaccination-consent-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.

Safeguarding:

A reminder that our school safeguarding can be contacted if you have any worries or concerns about a child:

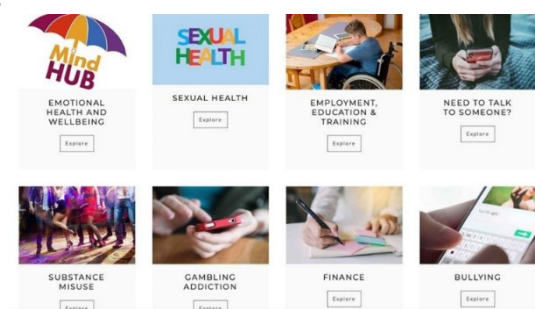
Danielle.Mackintosh@Willows.Cardiff.sch.uk

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.

Parent Support

Platform for Families are hosting a **FREE** online Zoom session for parents and carers of a child with mental health challenges.

An opportunity to meet others and learn new information and tips to help you and your family.

Transforming Anxiety, Fear, Loss and Grief
9th November @ 7.30pm

Logos for NHS, CYPF, and PLAT JOIN are visible at the bottom left of the poster.

Community:

Railway Gardens:

Our ‘Willowstastic’ choir performed at Railway Gardens ‘Groundbreaking’ event before half-term with super-star Gwion leading with a solo. Y11’s Tinesha and Precious also gave an inspirational speech about the importance of communities believing in themselves. This is a message we aim to foster in our young people and those around them every day.



BBC at Willows:

The sit-com 'Mammoth' which was filmed at our school during the Easter holidays is on BBC 1 Wales at 9.30 pm this evening. We hope that this is just the start of many collaborations with the BBC and the nearby film and television industry in the future.



Diolch:

We wish you a safe and enjoyable bonfire night, this evening. As always, please encourage your child to celebrate with consideration for our neighbours and community including the elderly, vulnerable and pets.

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



Great Geography:

Quiz: Can you name the countries from their outlines?

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

