




**WILLOWS
HIGH SCHOOL**



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

 Use Google Translate to change to your preferred language.

Weekly Newsletter – 21.01.22

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

Belong:

This week’s newsletter focuses on the theme of belonging. We would like to thank our whole community for the kindness they show to one another and the support that they provide to help us reach our aims of success for all of our young people. A smart uniform helps us achieve a sense of belonging without any judgement. Our Learning Lounge continues to offer a uniform exchange and from January 2022 children in ALL school years are now eligible for a school uniform grant if in receipt of free school meals. More information can be found here:

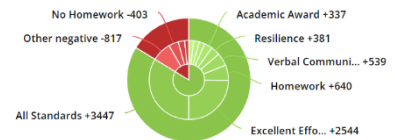
<https://gov.wales/pupil-development-grant-access>

Thank you for your continued support with our uniform drive. We know that instilling a sense of pride and habits for looking smart are skills that will remain with our pupils for life and stand them in good stead in the future.

Merits – 14.01.22 – 20.01.22:

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:

Breakdown of the Week
16/01/2022 - 20/01/2022



| Year Group | Total | Excellent Effort | Merit Champions |
|------------|-------|------------------|--------------------------------|
| Year 7 | 2373 | 7Curie | Megan Grace Williams |
| Year 8 | 2164 | 8McArthur | Kayden Gabb |
| Year 9 | 1244 | 9Cavendish | Musa Argin and Chira Mohammed |
| Year 10 | 2071 | 10Schumann | Lataya Marden and Shaida Tufiq |
| Year 11 | 718 | 11Matisse | Precious Agunbiade |

School News:

Maths Department:

Last week’s newsletter explained the importance of all pupils bringing a calculator to school for use in maths and other lessons. Here are some more ways we are offering to help parents with this:

Calculator Shop:

It is essential that all students have their own calculator as we are unable to provide ones to borrow in lessons. Not having a calculator is a huge issue if your child is in a lesson that requires one. It would be similar to being in Art with no Art supplies or IT with no IT equipment. With this in mind, we have now received a small stock of suitable scientific calculators which are available for a discounted price of £6. To order one of these for your child, please send in a signed note requesting one to Mr Batchelor or email Rhydian.batchelor@willows.cardiff.sch.uk

Calculator Hospital:

If your child's calculator is broken or not working properly, Mr Batchelor has opened a calculator hospital where he will try to fix it. If it is not fixable, it will then be used for parts for other calculators.

Top Tip:

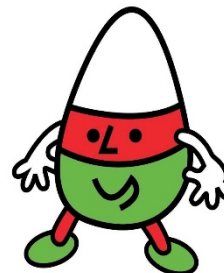
Factory reset for Casio/Logik/Aurora scientific calculators:



Welsh Department:

Urdd Gobaith Cymru – Urdd the Hope of Wales

Urdd, the Welsh youth organisation celebrates its 100th birthday this year on January the 25th. Let's take a look at how the organisation started, and what it provides for the children and young people of Wales.



Urdd Gobaith Cymru was established by Sir Ifan ab Owen Edwards in 1922. His aim was to protect the Welsh language in a world where the English language dominated every aspect of life outside the home.

In an issue of the magazine 'Cymru'r Plant' in 1922 Syr Ifan said, 'These days, in many villages, and in most towns in Wales, children play and read in English. They forget that they are Welsh.'

At the beginning of the twentieth century, the future looked bleak for the Welsh language, even though there were over a million Welsh speakers in Wales. Two of the most prominent figures to challenge the crisis at this time were O.M. Edwards and his son, Sir Ifan ab Owen Edwards. O.M. Edwards, Wales' first Chief Inspector for Education, contributed on a regular basis to the monthly magazine 'Cymru'r Plant', established by him in 1892. He published many Welsh books on Wales and Welsh politics. In his articles he encouraged awareness amongst the Welsh people of Welsh culture and traditions. He tried twice to establish a youth movement for the young people and children of Wales. 'Urdd y Delyn' was established in 1896, and 'Byddin Cymru' in 1911, but both attempts failed. O. M. Edwards died in 1920, but his life and ideas were an inspiration to his son to develop a new successful movement.

After the death of O.M.Edwards, his son Sir Ifan ab Owen Edwards became the editor for the magazine 'Cymru'r Plant' and in 1922, in that magazine, he appealed to the children of Wales to join a new movement which was called 'Urdd Gobaith Cymru Fach'. This was a new beginning in the history of the Welsh language and culture. The reaction was positive from the start and he received many letters and ideas. The enthusiasm amongst the readers of 'Cymru'r Plant' overwhelmed Hughes and Son press in Wrexham. By the end of the year, names of 720 new members had appeared in the magazine and hundreds more were eagerly awaiting their turn. The first local Urdd branch was established in Treuddyn, Flintshire in 1922.

A lot has changed since the early days! Today, the Urdd is the largest organisation for children and young people in Wales. The Urdd has over 53,000 members under 25 years old every year. 30% of all Welsh speakers in Wales aged between 8-25 are Urdd members. Today the Urdd has 305 staff members, 10,000 volunteers, 900 branches and 200 branches in the community.

The Urdd organisation celebrates Welsh history, its language and its heritage. It is responsible for organising and holding the annual National Eisteddfod, but does so much more for the youth of Wales. This includes:

- Residential centres 'Llangrannog' and 'Glan-llyn' where young people can stay and use the Welsh language for day-to-day activities.
- Sport and craft clubs held after school through the medium of Welsh.
- Publish many Welsh magazines, aimed at a variety of ages.

- Offer apprenticeships across a range of sectors in Wales.
- Hold free Welsh medium play schemes in school holidays.

The Urdd are keen for everyone to get involved in the celebrations, including attempts to break two world records. Head to their official website at <https://100.urdd.cymru/en/> for more information.

Diwrnod Santes Dwynwen is considered to be the Welsh equivalent to Valentine's Day and is celebrated on 25th of January every year. It celebrates Dwynwen, the Welsh saint of lovers.



In the 5th century, Dwynwen fell in love with a man named Maelon Dafodrill. Maelon returned Dwynwen's feelings but they could not be together, for Dwynwen's father forbade the marriage and her father had already promised her to someone else. Distraught by her love for Maelon, Dwynwen prays she would fall out of love with him.

After falling asleep, or possibly while still awake in the woods she had run to in her distress, Dwynwen was visited by an angel, who appeared carrying a sweet potion designed to erase all memory of Maelon and turn him into a block of ice. God then gave three wishes to Dwynwen. First, she wished that Maelon be thawed, second that God met the hopes and dreams of true lovers and third that she should never marry ever. All three were fulfilled, and as a mark of her thanks, Dwynwen devoted herself to God's service for the rest of her life.

Dwynwen became a nun, fulfilling her wish to never marry. She left for the island of Anglesey and built a Church, which became known as Llanddwyn, literally meaning "Church of Dwynwen". Its remains can still be seen today on the island of Llanddwyn, off the coast of Anglesey. The smaller island also contains Dwynwen's well, where, allegedly, a sacred fish swims, whose movements predict the future fortunes and relationships of various couples. Another tradition claims that if the water boils while visitors are present, then love and good luck will surely follow.

The popularity and celebration of St Dwynwen's day has increased considerably in recent years, with special events, such as concerts and parties, often held and greetings cards printed. Although still not as popular as St Valentine's Day in February, St Dwynwen is certainly becoming better-known among today's population of Wales.

#WillowsWelsh



Young Entrepreneurs Club:

To celebrate St. Dwynwen's Day, the Young Entrepreneurs Club will be holding a raffle sale. They will be selling raffle tickets for 50p for **ONE** special prize worth £50. This will be a big hamper, including all of the items in the photo. Part of the proceeds will be going to charity so please remember to bring in 50p next week to be in with a chance of winning! See Kiana and Mr. Varia in 7Curie for more details.



Cardiff and Vale College Open Evenings:

A reminder that anyone wishing to attend a CAVC Open Evening must first register their interest to attend. Once time slots for Open Evenings are released, anyone who has registered their interest to attend will then receive an email informing them that they are now able to book a specific time slot. Please be aware that anyone who has not booked a time slot will not be admitted to the Open Evening. For more information and to register interest please follow this link: <https://cavc.ac.uk/en/openevenings>

Please also take a look at the college's 24/7 Virtual Open Day which is being updated all the time with new materials including some fantastic 360 tour videos.

Health and Well-being:

Here is a recipe for a traditional Nigerian dish that your family may enjoy:

Classic Nigerian Jollof Rice



Jollof Rice is much loved South of the Sahara and along the coast of West Africa.

Ingredients:

-
- **1/3 cup** oil (vegetable/canola/coconut, not olive oil)
 - **6** medium-sized fresh plum/Roma tomatoes, chopped, OR a 400-gram tin of tomatoes
 - **6** fresh, red poblano peppers (or 4 large red bell peppers), seeds discarded
 - **3** medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
 - **1/2 to 1** hot pepper, or to taste (yellow Scotch bonnets are my favourite)
 - **3 tablespoons** tomato paste
 - **2 teaspoons** (Caribbean/Jamaican-style) curry powder
 - **1 teaspoon** dried thyme
 - **2** dried bay leaves
 - **5 to 6 cups** stock (vegetable, chicken, or beef) or water, divided
 - **2 teaspoons** unsalted butter (optional), divided
 - **4 cups** uncooked converted long-grain rice or golden sella basmati, rinsed
 - Salt, to taste
 - Black and white pepper, to taste
 - Extra: sliced onions, tomatoes
1. In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions and Scotch bonnets with 2 cups of stock, blend until smooth (about a minute or two). You should have roughly 6 cups of blended mix. Pour into a large pot / pan and bring to the boil then turn down the heat and let simmer, covered for 10 – 12 minutes.
 2. In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat. Then add the tomato paste - stir for another 2 minutes. Add the reduced tomato-pepper-Scotch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes till reduced by half, with the lid on. This is the stew that will define the pot.

3. Add 4 cups of the stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes.
4. Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan—this will seal in the steam and lock in the flavour. Turn down the heat and cook on low for 30 minutes.
5. Stir rice—taste and adjust as required.
6. If you like, add sliced onions, fresh tomatoes and the 2nd teaspoon of butter and stir through.

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

A new service has been launched by the Cardiff Youth Service support young people to flourish and thrive, building on their individual talents, skills and abilities. You can watch the video here:

<https://www.youtube.com/watch?v=HuUfKKWVV6Q>

Cardiff Family Help Team are an early intervention service offering high quality information, advice and assistance to children and young people aged 0 – 18 (and to 25 for vulnerable adults) and their families living in Cardiff.

Community:

Need advice in a minority language?

Multi-lingual Helpline Wales is a confidential national multi-lingual telephone helpline providing information, referral and signposting for Black, Asian and Minority Ethnic people to specialist advice, mainstream and community organisations. Can assist with issues including health, work, education, housing, welfare entitlements and personal safety. The helpline can offer help in a variety of community languages. Calls to 0808 80 are free from landlines and mobiles in the UK and do not appear on itemised bills.

The poster for Multi-lingual Helpline Wales features the EYST MHW logo at the top left. The main title 'Multi-lingual Helpline Wales' is in large white text on a dark blue background, with '(Formerly known as BAME Helpline Wales)' in smaller text below it. Contact information includes 'Call: 0808 801 0720 (Freephone)' and 'Text: 07537 432 416', with hours 'Monday to Friday 10am to 6pm'. A 'Live Webchat available' icon is shown. A list of services includes signposting, information in various languages, and referrals. Contact details 'email: helpline@eyst.org.uk' and 'www.multilingualhelpline.wales' are provided. A row of icons represents services: Health, Education, Work, Housing, Personal safety, Welfare entitlements, Your rights, and Food poverty. Logos for partner organizations like 'Ethnic Minorities & Youth Support Team Wales' and 'CICADA' are at the bottom.

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/>

A grid of eight service icons with 'Explore' buttons. The icons represent: Emotional Health and Wellbeing (umbrella), Sexual Health (SEXUAL HEALTH), Employment, Education & Training (person at desk), Need to Talk to Someone? (hand holding phone), Substance Misuse (bottle), Gambling Addiction (dice), Finance (calculator), and Bullying (hand holding phone).

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.

Competition Winners:

A huge well done to last week's football anagram competition winners:

Hope Allen, Kayden Allen, Isobelle Thomas and Kane Williams!

There is some St. Dwynwen's Day colouring attached as this week's activity.

Pupil Pick-ups and Drop offs:

We respectfully request that families do not park near the school at the end of the day. As you can imagine, with all of our pupils leaving through the single gate on Meirion Place at 3.30pm, it can get pretty crowded and the congestion caused by cars parked on both sides of the road means it's potentially an accident waiting to happen. We'd be grateful if you would park a couple of streets away and ask your child to walk to you. This will mean the area will be a lot safer for our pupils and your children will get an extra load of steps in every day.

Parent Governor Vacancies:

We currently have 2 Parent Governor vacancies on our Governing Body and would very much welcome parents who are interested in making a positive difference to Willows High School.

If this is you, please contact the Headteacher's P.A., Mrs Karen Goodfellow, via email: Karen.goodfellow@willows.cardiff.sch.uk and we will ensure that a nomination form is sent to you. Applications need to be with us by Monday 31st January. Alternatively you can download one from our website.

Diolch:

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



St. Dwynwen's Day



Play Today

Win A Getaway

Support Our Lottery This Term
WIN a Forest Staycation!

- **Help give our fundraising a much needed boost**
- **Tickets cost just £1 a week**
- **Guaranteed cash prize winner every week**
- **Jackpot of £25,000!**

Play Now!

Parent Power

Cardiff

We want you to get involved!

Parent Power is a project where parents and carers lead the way! You will decide the activities that benefit your family, such as guidance on further and higher education, tailored visits to universities, training on homework support, student finance or lifelong learning. We will work with you to create change for your children in Cardiff.

To register your interest and find more information, contact:

**OUTREACH@CARDIFF.AC.UK
02922 510 805**

