 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 28.01.22

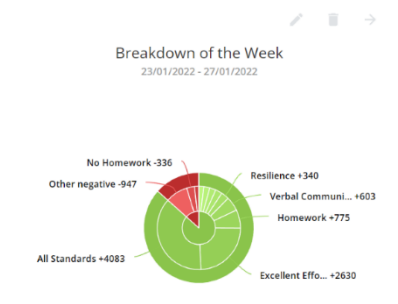
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Believe:

It's been another busy week here at Willows. Year 7 have had the pleasure of visiting 'Harry Potter World' in London, our lucky Performing Arts pupils continue their project with the Wales Millennium Centre and Year 11 Art GCSE pupils have taken part in a bespoke print screening course. We would like to thank our pupils for being such good representatives of our school.

Merits – 21.01.22 – 27.01.22:

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:



Year Group	Total	Excellent Effort	Merit Champions
Year 7	1931	7Curie and 7Turing	Halsho Mohammed
Year 8	2399	8Farah	Mostafa Albili
Year 9	1900	9Attfield	Saja Abulaid and Cruz Jackman
Year 10	1928	10Schumann	Shaida Tufiq
Year 11	1291	11Hepworth	Waqui Ahmed and Temesghen Daniel

School News:

English Department:

Our Y7s had a Willows-tastic time at Harry Potter World yesterday, learning all about the amazing film craft that went into making the franchise and all of the blockbuster movies that are made right here in the UK. Who knows which of these wonderful young people might become the next Spielberg?



PE Department:

Set for Success

Empowerment Day

On Friday 21st January 2022 the Set for Success group attended a virtual 'Empowerment Day' led by the Youth Sport Trust and Wimbledon Foundation. The group has opportunities to listen to the keynote speaker Michelle Westwood, a serving Naval Officer and Trustee of the Royal Navy and Royal Marines Charity who shared her personal journey into employment. She explained the core values of the Royal Navy which also reflects the Willows Character and Culture we are developing such as commitment, courage, discipline, respect for others, integrity and loyalty.

The group also had an interactive session with three employers, an estate agent, a live sports camera operator and an owner of a sports media company. Learners were encouraged to ask questions linked to their journey into the world of work and how they came to do their current job. The pupils from Willows were highly engaged and respectful of the employer's honest answers to their questions.

Finally, the group had to present their Powerpoint Presentation based on their social action project which was to raise awareness and funds for Llamau, a local youth homelessness charity. They were also asked to evaluate the skills that they have learnt during the course and how it is linked to employability.

Tom Haffield our Athlete Mentor was present for the day and was proud of the group's achievements and commitment over the past 18 months. Next month (February 2022) the second cohort will enrol onto the Leadership Course and the current Set For Success group will act as mentors and will be able to demonstrate their leadership skills by supporting the new cohort.

Art Department:

Art Silk-Screen Printmaking workshop:

The Year 11 Art pupils had the fantastic opportunity to work with inspirational artists from The Printheus in Cardiff, producing stunning silk-screen prints based on the theme 'Surrealism'. The pupils started to create simple line drawings from music which they then converted into stencils using coloured acetate, which then became Surreal silk-screen prints.



Welsh Department:
Love Spoons – Llwyau Caru

A Love spoon is a wooden spoon, decoratively carved, that was traditionally presented as a gift of romantic intent. The spoon is normally decorated with symbols of love and was intended to reflect the skill of the carver. Due to the intricate designs, love spoons are no longer used as functioning spoons and are now decorative craft items.



The love spoon is a traditional craft that dates to the seventeenth century. Over generations, decorative carvings were added to the spoon and it lost its original practical use and became a treasured decorative item to be hung on a wall. The earliest known dated love spoon from Wales, displayed in the St Fagans National History Museum in Cardiff, is from 1667, although the tradition is believed to date back long before that. The earliest dated love spoon worldwide originates from Germany and is dated as 1664.

The love spoon was given to a young woman by her suitor. It was important for the girl's father to see that the young man can provide for the family and can craft with wood.

Sailors would often carve love spoons during their long journeys, which is why anchors would often be incorporated into the carvings. Certain symbols came to have specific meanings: a horseshoe for luck, a cross for faith, bells for marriage, hearts for love, a wheel supporting a loved one and a lock for security, among others. Caged balls indicated the number of children hoped for. Other difficult carvings, such as chains, were as much a demonstration of the carver's skill as a symbolic meaning.

Although the Welsh love spoon is the most famous, there are also traditions of love spoons in Scandinavia and some parts of Eastern Europe, which have their own unique styles and techniques when it comes to the love spoon.

Today love spoons are given as wedding and anniversary gifts, as well as birthday, baby gifts, Christmas or Valentine's Day gifts. They are now mostly seen as a folk craft.

In old times, newly married couples in Norway ate with linked spoons to symbolize the linkage of their marriage. Often the spoons and chain were made from a single piece of wood, emphasizing wood-carving craftsmanship.

Traditionally crafted love spoons are available to buy from the Welsh shop in town, opposite Cardiff Castle.



Rights Respecting Schools – Article of the Week



Holocaust Memorial Day takes place on 27th January every year.

27th January marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp. On this day, we remember the six million Jewish people who were killed during the Holocaust, alongside millions of other people who were killed under Nazi persecution and in genocides that followed in Cambodia, Rwanda, Bosnia and Darfur. Holocaust Memorial Day is for everyone. Each year, across the UK, thousands of people come together to learn more about the past and take action to create a safer future. The theme for 2022

is One Day – that in the future there may be one day with no genocide. Holocaust Memorial Day is promoted and supported by the Holocaust Memorial Day Trust.

Find out more: www.hmd.org.uk

Article 2 - The Convention applies to every child without discrimination

Article 19 - Protection from violence, abuse and neglect

Article 37 - No child should be tortured, sentenced to death, imprisoned unfairly or treated in a cruel or inhuman way

Article 38 - No child under 15 should join the army and children should be protected in war



LINKED UNCRC ARTICLES



Health and Well-being:

We would like to wish all of our Chinese families a very Happy New Year! In Mandarin, the most common way to wish your family and close friends a happy Chinese New Year is “Xīnnián hǎo” (新年好), literally meaning 'New Year Goodness' or 'Good New Year'. Another way to say "Happy Chinese New Year" is “Xīnnián kuàilè” (新年快乐), literally meaning 'New Year happiness'. It is a formal greeting typically used for strangers.

This year is the Year of the Tiger. The Tiger is known as the king of all beasts in China. The zodiac sign Tiger is a symbol of **strength**, **exorcising evils**, and **braveness**. Many Chinese children wear hats or shoes with a tiger image of for good luck.

Here is a Youtube link to a video recipe, for a traditional Chinese dish, that your family may enjoy:

https://www.youtube.com/watch?v=Q7pyTAz_pzA

Survey for Dads / Male caregivers:

At Cardiff Early Help they are always looking to develop their service in order to better meet the needs of the children, parents and families they work with. They want their service to be more inclusive and accessible to all parents. They recognise that as a service, they do not engage with as many Dads/Male Caregivers as we do with Mums/ Female Caregivers – and they would like to be better at this.

They are currently interested in hearing father's/male caregivers' experiences of parenthood.

If you are a Dad, Step-Dad, Uncle, Grandfather, or a significant male who has a care-giving role in a child's life they'd like to hear from you, and would appreciate your feedback by answering the questions in their Fathers Questionnaire 2021/22.

<https://wh1.snapsurveys.com/s.asp?k=162868855019>

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

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.

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

Willows Uniform Exchange:

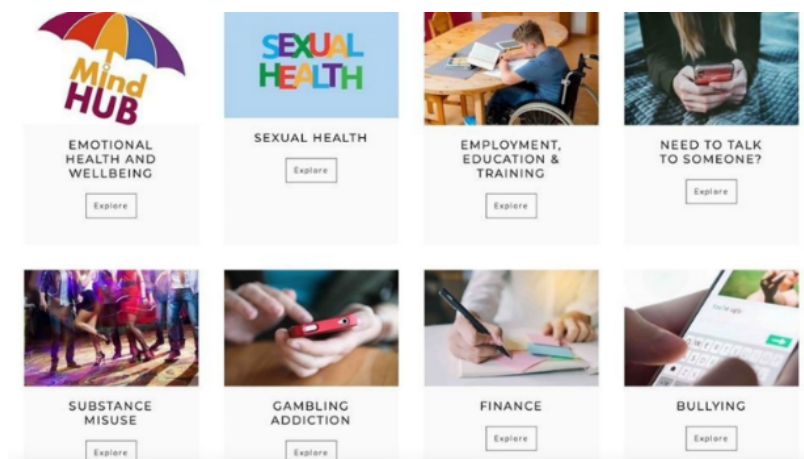
A reminder to donate any spare Willows uniform to our uniform exchange run by Ms. Watt in our Learning Lounge. We particularly need spare Willows PE tops. If you have any at home that have gone too small, please bring them in to benefit others. Likewise, if your child needs any pre-owned uniform, ask them to speak to their Welfare Officer and we will arrange this for them.

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.

EYST MHW Multi-lingual Helpline Wales
Lein Gymorth Amleithog Cymru

EYST Multi-lingual Helpline Wales
(Formerly known as BAME Helpline Wales)

Call: **0808 801 0720**
(Freephone)
Text: **07537 432 416**

Monday to Friday
10am to 6pm

Live Webchat available

Our helpline advisors can:

- signpost and refer to relevant organisations and services in your area
- provide information in a range of community languages
- provide information in relation to:

email: helpline@eyst.org.uk
(formerly bamehelpline@eyst.org.uk)
www.multilingualhelpline.wales
(formerly www.bamewales)

Health, Education, Work, Housing, Personal safety, Welfare entitlements, Your rights, Food poverty

Ethnic Minorities & Youth Support Team Wales, Tim Cymru, Llafur/Facod Eiddig & Bwrdd Cymru, Hysbyddiaeth Parhaethol MHW, Women's Organisations, Citizens Advice, Cymdeithas yr Iaith Gymraeg

WILLOWS HIGH SCHOOL UNIFORM EXCHANGE

- Pre-loved school uniforms wanted
- Swap your outgrown uniform items
- Just drop items off at school reception or tell your child to speak to their welfare officer
- Any questions, contact Sam Watt, 02922 672744, 07592037937

- **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.

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.

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



LOOKING FOR DISABILITY BENEFIT ADVICE?

If you have a child with a disability or are under 25 with a disability, our Families First Disability Benefit Support Team can offer a variety of specialist advice and support regarding:

- **Child Disability Living Allowance**
- **Employment and Support Allowance**
- **Limited Capability for Work under Universal Credit**
- **Personal Independence Payment**
- **Carer's Allowance**

We provide specialist advice and assistance with completing claim forms, Mandatory Reconsiderations and appeals, and where appropriate provide representation at Tribunal hearings.

We offer face to face appointments, telephone appointments and home visits.

For further information, email disabilitybenefitsupport@cardiff.gov.uk or call our Advice Line on **02920 871 071**






TREMORFA PARK PLANTING DAY

10AM-2PM 12TH FEBRUARY 2022

JOIN US FOR A DAY OF TREE PLANTING, IN PARTNERSHIP WITH CARDIFF COUNCIL AND THE QUEEN'S GREEN CANOPY, TO HELP INCREASE LOCAL CANOPY COVER AND SUPPORT HABITATS AND FOOD FOR WILDLIFE. COME AND GET STUCK IN AND PLANT A TREE WITH US!



A HOT LUNCH AND FUN ACTIVITIES FOR ALL THE FAMILY WILL BE PROVIDED



PLEASE SIGN UP TO THE FREE EVENT BY VISITING

WWW.TREESFORCITIES.ORG/TREMORFAPARK

FOR MORE INFORMATION CONTACT HETTY AT HETTY@TREESFORCITIES.ORG

OR ON 07920720917



Trees for Cities is assessing all risks around COVID-19. The safety of our staff and volunteers is our top priority



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Winter of Wellbeing Programme

Have you got children, or are you aged **7 - 25 yrs**?
Do they want to get out, get sweaty, and have fun?

We have secured funding through Street Games Wales to put on an **8 week initiative** for multi sport activities!

Sessions will be **FREE**
Water will also be provided **FREE**

First session: Friday 4th February

Sessions will be **60 minutes** each between **4-8pm**

Sessions will be grouped by age
Sessions require you to **SIGN UP**

Please contact EmmaJayne to **SIGN UP**
emmajayne@boomerangcardiff.org.uk

WEEK 1: **FOOTBALL**
WEEK 2: **DODGEBALL**
WEEK 3: **SOFTBALL**
WEEK 4: **CIRCUITS**

WEEK 5: **FOOTBALL**
WEEK 6: **DODGEBALL**
WEEK 7: **SOFTBALL**
WEEK 8: **CIRCUITS**

