 Use Google Translate to change to your preferred language.

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

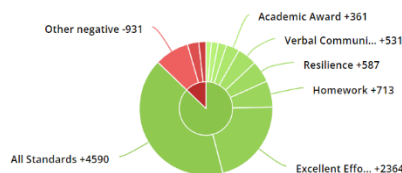
**Weekly Newsletter – 11.02.22**

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

**Achieve:**

It has been a week of achievements at Willows High. Year 9 have worked with professional artists to produce some outstanding pieces, Year 10 have completed their English Literature GCSE assessments demonstrating resilience and impeccable exam behaviour and Year 11 pupils Crystal and Marzoq, have represented the UK at EXPO Dubai – more about their adventure in next week’s newsletter! We are incredibly proud of our pupils and would like to thank you for your support in maintaining our high standards.

Breakdown of the Week  
06/02/2022 - 11/02/2022



**Merits – 07.02.22 – 11.02.22:**

We respect 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	2521	7Turing	Kiana Nikoonamrad
Year 8	2285	8Edwards	Fatima Ahmed
Year 9	1715	9Cavendish	Jessica De Oliviera
Year 10	1779	10Novello	Shaida Tufiq
Year 11	1406	11Banksy	Ali Alshemary and Manzurur Rahman

**School News:**

**Art Department:**

This week our Art department welcomed back the artists from the Prinhaus based at Chapter Art Gallery to run a printmaking and collage course over two days. It was a fantastic experience for the group of Year 9 pupils. They enjoyed the authentic experience and all produced excellent work.



We would also like to commend our 'new to English' class on their stunning art work. All members of the class have worked really hard on their recent surrealism project. They have been studying colour theory and developing their understanding of effective composition as well as developing their drawing, and painting skills, with great success!

We are very proud of Yousif's art work, in particular (see above). Yousif is visually impaired and the resilience he shows in class is exceptional: his use of shape, composition and colour is inspirational! We are sure you will agree!

### **More Able and Talented / Seren Update:**

#### **Storey Arms:**

Year 9 pupils were invited to apply for a free course at Storey Arms and as a result five pupils will be spending three days in the Brecon Beacons over half term. We look forward to hearing about their adventures and seeing their photos.

#### **Online Lectures:**

More able and talented pupils were invited to take part in MIT's Global Labs Speaker Series and pupils have been giving some very insightful feedback on how useful the information about STEM careers have been.

#### **Cambridge University:**

Year 11 pupils attended a virtual open evening at Cambridge University. They were given lots of information about the courses that could be studied, what they should choose for A levels and all about the application process.

#### **Talk the Talk:**

We have received funding for pupils in Year 8 and 9 to take part in a Talk the Talk Event and we are looking forward to inviting external speakers into school to facilitate this.

#### **Coming up:**

Seren Star Challenge – Information will be sent out about how you can complete the Seren Star Challenge over half term. Keep checking your emails for more information.

#### **Oxford University:**

Four pupils from Year 11 will be visiting Oxford University in March to attend a Year 11 specific open day about the courses available, the 'Oxford Experience' and how to apply.

#### **The Brilliant Club:**

Eighteen pupils from Year 9 will be taking part in a programme where they will pretend to be University students for the week. They will have online tutorials from a University Lecturer and will complete and submit an assignment online, all related to Social Sciences.

#### **Careers:**

##### **Employer Talks:**

The Year 11 employer talks have continued thick and fast this term. With the help of Adrian Cole, from Careers Wales, Year 11 pupils have so far entertained a visitor from a variety of different employers, including a firm of Solicitors, the Fire Service, a Sports therapist, Arup Engineering and Wates Construction. The aim of these visits is to provide the pupils with information about a diverse range of careers and jobs that are available to them.



So far, each talk has attracted about 25 pupils, of all whom have acted with respect and asked a range of questions. Pupils have expressed an interest in applying for apprenticeships in all the areas so far.



**One Million Mentors:**

This week we have been delighted to resume our partnership with ‘One Million mentors.’ Willows High is pioneering a mix of virtual and real-life mentoring so that our Year 10’s can gain advice and support from leaders in their industry. Currently we are working with large companies such as BBC Wales, the National Museum of Wales and Willmott Dixon as well as with independent professionals and businesses. We know that our young people will gain a lot for the experience – as will their mentors!



**Health and Well-being:**

**School Nursing Team:**

**HPV Vaccine Second Dose:**

The School Nursing Immunisation Team will be visiting Willows High School on 14<sup>th</sup> March 2022 to administer the second dose of the HPV (Human Papillomavirus) vaccine. This is for year 9 and 10 pupils who have already received their first vaccination and also for year 11 girls who have not had their second dose. Parents have been sent the letter link via Classcharts and can access it here: [www.willowshigh.co.uk/2nddosehpv](http://www.willowshigh.co.uk/2nddosehpv)

**Emotional Wellbeing:**

Please also see further information from the school nursing team regarding agencies that can help parents deal with a range of emotional wellbeing and mental health support for young people (attached to the end of the newsletter). Parents can also visit [www.cavyoungwellbeing.wales](http://www.cavyoungwellbeing.wales) for further support.

**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)

**Safer Internet Day:**

Once again, we would like to remind parents to be extremely vigilant when their child is online.

Mobile phones have to be switched off in school and kept in bags. This is to reduce distractions but also for your child’s own safety. Many bullying incidents that we deal with in school derive from messages sent to group on Whatsapp, SnapChat or Tiktok outside of school.

Recently, we have become aware of anonymous videos being sent through air dropping. We have strongly reminded pupils not to accept anything from anyone they don’t know and that their phones are on flight mode in large public spaces.

Lastly, please remember they are age ratings for all social media sites and online games. These are clearly for a reason and it could harm your child’s mental health to be exposed to some of the content available if



these are not adhered to. Again, we would ask parents to be vigilant if your child uses TikTok, Discord and other popular teenage networking sites.

### **Community:**

#### **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:**

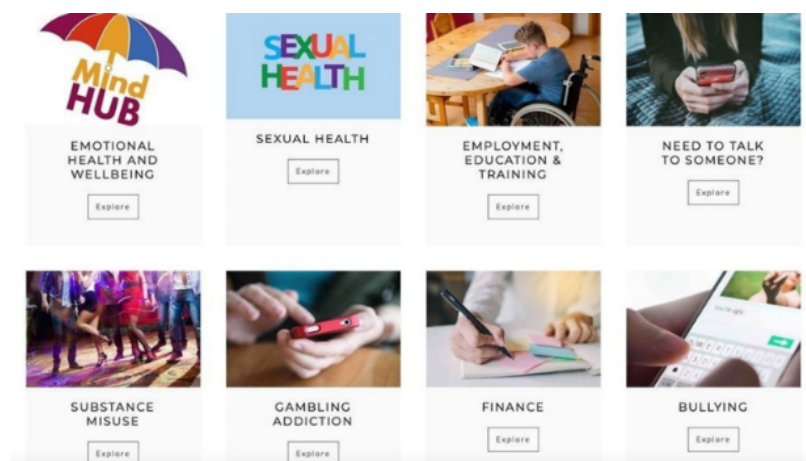
A reminder to donate any spare Willows uniform to our uniform exchange run by Ms. Watt in our Learning Lounge. We particularly need spare Willows PE tops. If you have any at home that have gone too small, please bring them in to benefit others. Likewise, if your child needs any pre-owned uniform, ask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

### **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

### Quiz:

Last week's Quiz Super-stars were; [Noah Roberts](#), [Hope Allen](#), [Kayden Allen](#) and [Megan Worthey](#) – Da iawn!  
Take part in this week's quiz for your praise card and prize!

### Super Science:

Can you answer all five correctly?

1. Which organ of the body produces bile?
2. Which is the only planet named after a figure in Greek mythology?
3. What is the chemical symbol for potassium?
4. How do you calculate speed?
5. How many teeth does an average adult have?



Signposting suggestions (not referral) for Cardiff and Vale Children and Young People


**Mental Health**



Emotional Wellbeing Service  
emotionalwellbeingservice.org.uk

**Self-harm**

**The Amber Project**  
Offering Support and Information




07905 905437  
amber.project@churcharmy

**LGBTQ+**

**IMPACT**

www.impactlgbt.org.uk


**Substance Use**



Emotional Wellbeing Service  
emotionalwellbeingservice.org.uk

**Volunteering**

**CAV HYB**



Cardiff And Vale Health Youth Board  
Bwrdd Iechyd Ieuencid Cae'ddyddi K'Y Ffe  
Lisa.Cordery@wales.nhs.uk

**PLATFORM**  
StateOfMind  
stateofmind@platform.org

**HEADS ABOVE THE WAVES**



hatw.co.uk

Constellation trans / gender ques CYP  
Amber.project@churcharmy

**Exploitation**

**THINK U KNOW**  
.co.uk

www.thinkuknow.co.uk

**Volunteer**  
*Cardiff*  
www.volunteercardiff.co.uk

**Bullying**

**meic**


call 080880 23456 text 84001  
www.meiccymru.org

**Bullies Out**



mentorsonline@bulliesout.com  
0800 1111


**Stonewall Youth**



www.youngstonewall.org.uk

**Sexual Health**

**Shot**



Sexual Health Outreach Team  
(029) 2046 5250  
www.ymcacardiff.wales

**Eating Disorders**

**Beat**  
Eating Disorders



0808 801 0677  
www.beateatingdisorders.org.uk

This is not an exhaustive list. For more options, please see MIND HUB  
These suggestions are for signposting or self-referral and should not replace statutory referral routes if needed.  
The services are subject to change but are all active at the time of writing.mindhub.wales

