 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

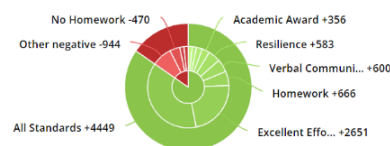
Weekly Newsletter – 18.02.22

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

Believe:

Having high aspirations for every child is important for us at Willows High School. Wearing our smart uniform with pride really helps foster a sense of worth and character and we would like to thank all parents for helping us keep smart on the outside, smart on the inside. Believing in our abilities remains central to our school as you can see from the fantastic opportunities offered to our pupils detailed below. We would like to thank our teachers for dedicating their time to these extra-curricular events and to our pupils for representing us so well.

Breakdown of the Week
13/02/2022 - 17/02/2022



Merits – 13.02.22 – 17.02.22:

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	2189	7Curie	Kane Williams
Year 8	2395	8Farah	Mia-Louise Evans-Marnell
Year 9	1777	9Wollstonecraft	Julinho Brito Mendonca
Year 10	2243	10Schumann	Daniella Nakazzi
Year 11	1369	11Inness	Ethan Hewett

School News:

English Department:

Dubai Expo:

We have welcomed back Crystal, Marzooq and Miss. Nelms from their wonderful week in Dubai. Here Miss. Nelms tells us all about their amazing adventure ...

The Dubai Expo Factor competition was a competition to select four teams of two from across the four nations of the UK to represent the UK on UK National Day at the Dubai Expo. The trip itself was a once-in-a-lifetime opportunity for young people to shape the conversation on a truly global stage.



Crystal and Marzooq initially had to become Prime Minister and Chancellor for the day and create a video submission outlining their ideas to enter the competition. During the final interview they had to expand on their initial ideas as Prime Minister and Chancellor. They both discussed gender equality in education, deprivation in schools - with a focus on free school meals, the rise of cryptocurrency and Universal Base Income.

During the interview, they were also asked about a local issue within their school or local community and how they would come up with a solution. Crystal and Marzooq spoke about poverty and how this has increased significantly since the pandemic in their local area. They explained in great detail what this means for their community but also how this presents in a classroom drawing on their own experiences. They both spoke with great passion, and it was clear their main aim was to bring back the sense of community that Wales is renowned for.



For the final part of the interview, the pair had to sell themselves in under a minute explaining to the panel why they should be chosen to represent the UK. In these final moments you could really see their ambition and drive to make change and to showcase how great pupils at Willows truly are.

We were all in Dubai from 6th February to 11th February. Whilst out there, they experienced a range of experiences from desert trips to a trip to the top of the Burj Khalifa. The main focus of the trip was for them to be a part of a team of pupils from across the four nations of the UK to showcase their debating skills at UK National Day.

UK National Day took place at the Dubai Expo on Thursday 10th Feb. The day was filled with exciting events and even a visit from Prince William. Crystal and Marzooq were based at the UK Pavilion and were able to showcase their debating skills to the outside audience on stage with audience participation. They also acted as roaming reporters interviewing those in attendance at the Expo.



Both Crystal and Marzooq were invited to perform a show debate during the VIP Commonwealth reception which included ambassadors of the commonwealth, businesspeople, sportspeople, and politicians including Nadine Dorries. The debate centred around "This house believes never has there been a better time for young people to make change" and questions from the audience were encouraged.

Added to this, Crystal was also chosen as one of the Baton Bearers for the Queens Baton Relay 2022 to walk between Commonwealth Pavilions meeting Olympians Tessa Sanderson and Ed Clancy.

I cannot express how proud I am as their English teacher to see them achieve something so great. It truly was a once-in-a-lifetime trip, and I couldn't have thought of any better young people to go to represent not only Willows High School but the UK.



English GCSE Revision:

This after school activity will start for Y10 and Y11 every Wednesday from March 2nd onwards.

Science and Technology:

STEM – Amazon Bootcamp:

30 of the Year 8 Students have volunteered to take part in a National project run by Amazon Web Service, Get I.T, that is looking at encouraging girls in to the Science, Technology, Engineering and Maths field. The project consists of the students developing an app to benefit their school or local community. The 5 groups took part in the Amazon Bootcamp, where they started to refine their final app ideas and learned about presentation skills, ready for their presentation to the Amazon Judges.

We were fortunate enough to have our Amazon Ambassador visit us from Bristol to discuss the refined ideas with the students and also discuss with them what made a winning app. The students and their ideas were absolutely incredible and it will be a close competition now to whittle the ideas down to 2 ready for final



submission. Fingers crossed some of the students will be able to represent Willows for the first time at an Amazon Web Service National semi-final. Good luck Year 8!

Careers:

Year 9 Careers Carousel:

Willows recently hosted a careers carousel for year 9 pupils. Different industries were invited into school to talk to the pupils about their profession and the various skills they would need to be successful both in school and in employment. The employers in attendance were;

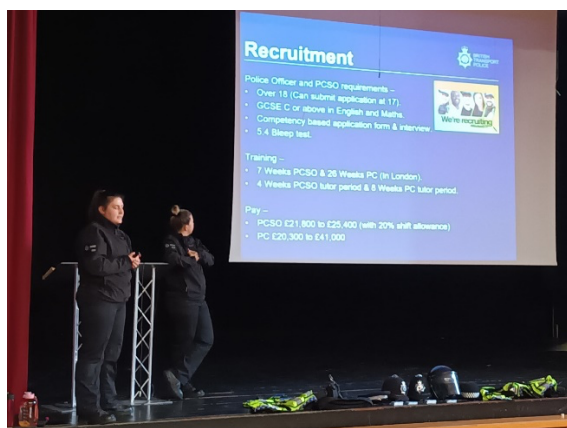
Waites Construction



Transport for Wales / Balfour Beatty



British Transport Police



Sport Wales



All of the sessions were really valuable as it gave the pupils an insight into various occupations and what it takes to succeed in those areas.

Health and Well-being:

School Nursing Team:

HPV Vaccine Second Dose:

A reminder that the School Nursing Immunisation Team will be visiting Willows High School on 14th 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

Healthy Eating:

Thank you to Julinho Mendonca (Y9) for recommending the following traditional Portuguese recipe:

Cataplana Portuguese fish stew

A cataplana takes its name from the Moorish designed copper domed dish it was originally cooked in. The dish was first introduced into the Algarve region of Southern Portugal way back in the 8th century. The food was placed in the bowl shaped base and the domed top provided a sealed space for the ingredients to simmer and infuse. Today the cast iron cocotte is a perfect replacement for such a cooking pot. Ingredients for the cataplana vary from region to region with use of much artistic licence but the base of tomatoes, onions, wine and herbs remains the same. This recipe influenced by the Western Algarve style includes potatoes, firm white seasonal fish, seafood, peppers and a hint of chilli added to the base sauce. Serve traditionally straight from the cooking pot with crusty bread.

- **Serves: 4**

What you need:

- 2 tablespoons olive oil
- 100g (3 1/2 oz) pancetta cubetti or smoked bacon cut into small pieces
- 100g (3 1/2 oz) chorizo sausage
- 1 large mild Spanish onion chopped
- 3 cloves garlic chopped
- 2 x 400g cans chopped tomatoes in juice
- 250ml (1 cup) dry white wine
- 1 bay leaf
- Pinch dried chilli flakes
- 1/2 teaspoon salt
- 450g (1lb) Waxy potatoes
- 1 large green pepper deseeded and chopped
- 400g(14oz) firm white fish cut into large chunks*
- 500g (1lb 2oz) uncooked mussels in their shells*
- 175g (6oz) prepared raw baby squid cut into bite sized*
- 2 tablespoon chopped fresh parsley to serve.

What you do:

1. Heat the oil in the casserole over a low to medium heat and add the pancetta and chorizo sausage. Cook for 2-3 minutes until the pancetta begins to brown and the chorizo has released its oil. Remove from the casserole with a slotted spoon and place into a small bowl for later use.
2. Add the onions and garlic to the oil in the casserole and cook for a few minutes until softened.
3. Add the tomatoes, wine, bay leaf, chilli flakes and salt. Bring to a simmer then reduce the heat to low and continue to cook with the lid off for 15 minutes.
4. Peel and dice the potatoes to 1 cm (1/2 inch) cubes and add to the tomato sauce along with the chopped peppers, cooked pancetta and chorizo. Stir well, place the lid on the pan and continue to cook for 15 minutes. After this time the potato should be tender but not soft.
5. Stir the chunks of fish, mussels in their shells and lastly the squid into the slow simmering sauce and replace the lid. Continue cooking for 15 minutes. Do not lift the lid during this time. Allow to stand with the lid on for 5 minutes after turning off the heat.
6. Gently stir the contents of the casserole being careful not to break up the fish and discard any unopened mussels.
7. Sprinkle over the chopped parsley and serve traditionally straight from the casserole with some crusty bread.

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:

Great community work by PCSOs Amy, Michelle and Shauna. We value our collaboration and partnerships with all external agencies to ensure the health and safety of our pupils.



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:

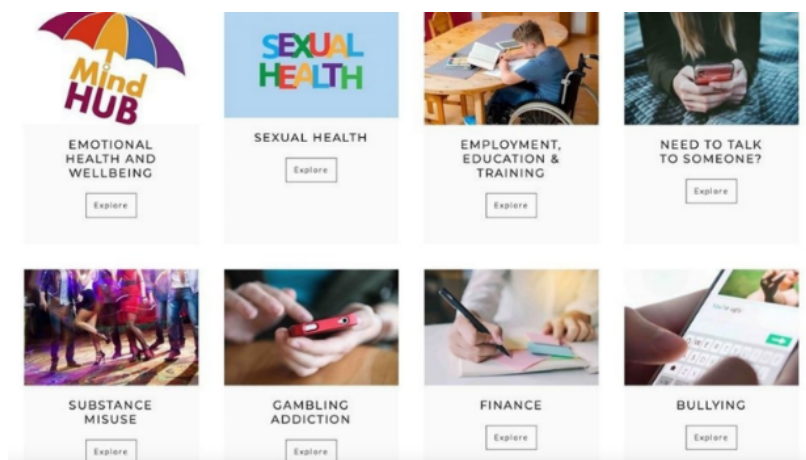
A reminder to donate any spare Willows uniform to our uniform exchange run by Ms. Watt in our Learning Lounge. We particularly need spare Willows PE tops. If you have any at home that have gone too small, please bring them in to benefit others. Likewise, if your child needs any pre-owned uniform, ask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

Diolch:

We wish all of our pupils and parents an enjoyable and relaxing half-term. We return to school on Monday 28th February on a Week 2 time-table.

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; [Megan Worthey](#), [Seren Davies](#), [Halsho Mohammed](#), [Minahil Mahmood](#), [Amy Musto](#), [Hope Allen](#), [Kayden Allen](#), – Da iawn! Take part in this week's quiz for your praise card and prize!

Great General Knowledge:

1. In which country is the Taj Mahal?
2. What is the highest mountain in Great Britain?
3. What is the capital of New Zealand?
4. Which fairy tale character slept for 100 years?
5. What sort of animal is the video game character Sonic?
6. In which forest do Robin Hood and his Merry Men live?
7. Helsinki is the capital city of which country?
8. How many pockets does a snooker table have?
9. On which continent is India located?
10. Who was the first man to walk on the moon?
11. What are the names of Harry Potter's parents?
12. What is the name of the tree that produces acorns?
13. What is a baby kangaroo called?
14. How many sides does a hexagon have?
15. How many strings does a violin have?

