




WILLOWS
HIGH SCHOOL



BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

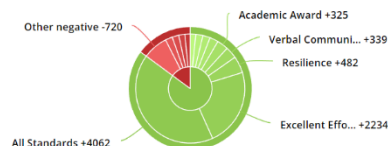
Weekly Newsletter – 17.06.22

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

Belong:

We pride ourselves on ensuring that all members of our community feel a sense of belonging to our school. With this in mind, please read the information on our uniform donations and PE kit below. Uniform is a small step to ensuring that no-one is judged and that there is a strong sense of unity in our school. Similarly, we would like as many pupils as possible to volunteer to take part in our Sports' Day events outlined in the letter. Also, read about our work with external agencies such as Petr Torak and our community police officers. Together we are stronger!

Breakdown of the Week
12/06/2022 - 17/06/2022



Merits – 10.06.22 – 16.06.22:

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, especially our new to English class who have performed brilliantly:

Year Group	Total	Excellent Effort	Merit Champions
Year 7	2309	7Curie	Sienna Robinson and George White
Year 8	2893	8Attfield	Rhys Atkins
Year 9	2054	9Plato	Natalia Tlusta and Inaaya Chowdhury
Year 10	902	10Novello	Shaida Tufiq
Year 11	/	/	/

School News:

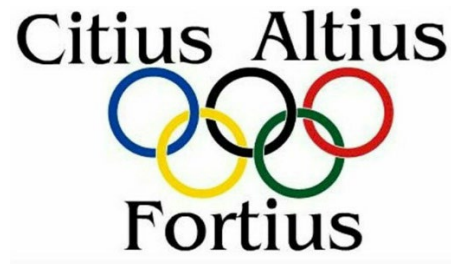
Year 11:

We would like to extend a huge thank you to the kind-hearted pupils and their parents who donated their pre-loved uniform to less fortunate families this week. A reminder that you can also donate your PE tops, grey skirts, shorts and trousers. Staff will happily collect these during the Leavers' Assembly or donations can be dropped off at reception any time. This will make a big difference to members of our community and we remain grateful for all support received.



A reminder that the Year 11 Leavers' Assembly will take place on **Thursday 23rd June at 10.00 am**. Pupils will enter through reception and leave by approximately 11.30 am. Our final goodbye to this year group will be at the prom on **Friday 24th June at the Park Plaza Hotel from 6.30 pm**. We look forward to seeing everyone there to celebrate in their successes.

Sports Day Arrangements:



The Olympic motto "**Citius, Altius, Fortius**" is Latin for "**Faster, Higher, Stronger**" which only means one thing, we are fast approaching **The Willows Sports Day 2022!**

This year we will see the fresh-faced Year 7 take on the mighty year 8. A determined year 9 team will take on a fiercely competitive Year 10 team.

The competition and battle to see who wins will take place over two days:

Day 1 - Thursday 23rd June: The Field Events

L1&L2 - Shot, Discus and Javelin

L4&L5 - High Jump, Standing Long Jump and Standing Triple Jump

Only those pupils competing will wear PE kit school

Day 2 - Thursday 30th June L5 ONLY: The Track Events

Track events 100m, 200m, 800m & Relay

Athletes competing on the track will be allowed to wear their kit to school

This is an amazing opportunity to show off your athletic ability. Every athlete will win points and the respect of their fellow competitors. If you can run, jump or throw then you can compete.

If you would like to take part please see your Welfare Officer who is your team manager. All there is left to say is ... Let the Games Begin!

PE Kit:

As you will remember, during the pandemic, Covid rules were applied which meant that pupils could not change for PE lessons. These rules have since been lifted, however, we have allowed pupils to continue to come to school in their PE kit on days that they have PE or BTEC Sport. We would like to continue this rule next academic year, however, we will need your full support on this as there has been an increase in pupils deviating from the rules outlined below:

- All pupils to wear the blue and black **Willows branded PE Top** either the round neck or V neck version is permitted. Pupils are allowed to wear a black base layer underneath if they wish to cover their arms.

- Only **black Bottoms** are allowed – shorts, sports leggings or tracksuit bottoms (see photographs). Shorts must be of an acceptable length, just above the knee is acceptable.
- Trainers preferable black.
- Any brand logos must be hidden, small or discrete e.g. under 3cms in size such a small Nike tick.
- During cold weather a plain black hoody which follows the branding guidelines above is allowed.
- The PE department will inform pupils if / when specialist equipment is needed e.g. football boots.



Petr Torak Visit:

Petr Torak MBE, Honorary Consul to the Czech Republic and CEO of Compass charity made a surprise visit to 9 Attfield this Wednesday. He discussed our recent visit to Prague and talked about how he worked hard to become the first Roma policeman in the UK. Petr also discussed roles to undertake in the police force, especially if pupils are multilingual, including preventing slave trafficking, immigration and working with police dogs. We were all very inspired and hope to continue to encourage our pupils in their dreams and aspirations



Technology Department:

On Tuesday, a charity Chef attended school to teach the art of street food. We cooked Peri Peri Rasta Pasta and the pupils created dishes to an incredibly high standard - even the officers from South Wales Police got stuck in!

We have a lot to look forward to after the school holidays including competitions against other South Wales schools on their Street food projects. Our pupils really excel in this area and we hope that bring you more exciting news (and dishes home!) soon!



Community:

Learning Lounge Event;

As part of Friends of Willows Taster Tuesdays sessions at [Willows High School](#) we have a 'Landscapes From the Imagination' session being held on Tuesday 21st June.

Delivered by Splott resident, Lynne Thomas, the session will run from 5pm -7pm in the Learning Lounge (5pm welcome, 5.30pm start). All materials will be provided and it will be a really informal session learning some basic watercolour painting techniques.

We have a few free spaces left - register your place by emailing samantha.watt@willows.cardiff.sch.uk



Contact Cymru:

Contact Cymru are a charity that help families of children with an additional need – with and without diagnosis:

Contact Cymru 5 FREE Virtual workshops June – July.

For Parent Carers of children with additional needs living in Wales – with and without diagnosis.

- **Speech, Language and Communication [Secondary Age] Wednesday 22 June, 7.30pm**
For parents of children with communication difficulties associated with hearing impairment, language impairment and autism. (with and without diagnosis).
<https://www.eventbrite.co.uk/e/345575685177>
- **Does your child suffer with Anxiety? Thursday 23 June 2022 10am**
Anxiety can be difficult to manage. This workshop discusses what anxiety is and gives you strategies to help your children recognise and manage their anxiety. <https://www.eventbrite.co.uk/e/supporting-parents-of-children-with-anxiety-registration-337339179567>
- **Does your child have difficulties with Sensory Processing? Thursday 7th July 2022 at 12pm**
Sensory information includes things we see, hear, smell, taste, or touch. <https://www.eventbrite.co.uk/e/341740423807>

- **Money Matters – overview of benefits Friday 8th July 10am**
 Could you be entitled to additional benefits for your child? or are you getting the right amount of Disability Living Allowance?
 Money Matters benefits overview 🇬🇧 DLA, Carers Allowance, PIP, and other financial support...
<https://www.eventbrite.co.uk/e/money-matters-registration-337341406227>

To find out more or book any of our free events in Wales – follow the link below
<https://www.eventbrite.co.uk/o/contact-cymru-37573807333>

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

Citizen’s Advice Bureau at Willows:

A reminder that the Citizen’s Advice Bureau (CAB) is in Willows every other Monday. CAB can help with all sorts of issues such as benefit claims/checks, PIP claims, housing, employment issues, debt advice, divorce and other problems.

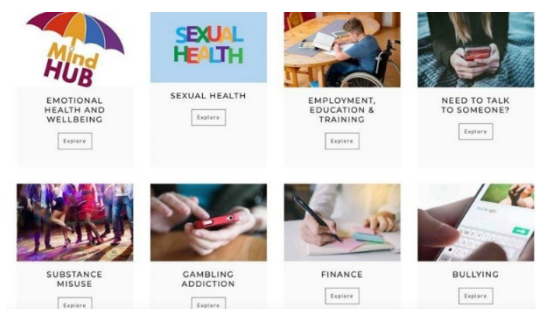
To make an appointment, please contact Samantha.watt@willows.cardiff.sch.uk or 07592 037937.

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.

Diolch:

If you have any comments about the change of the school times for September 2022, please email the school by the end of next week.

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



Well done to Hope Allen, Kayden Allen and Noah Roberts for their correct answers to the jubilee quiz. This week's quiz is based on the history of Cardiff. Remember to e-mail your answers to Mrs. Bubbins for a praise card and treat:

1. In what year was Cardiff recognised as the capital of Wales?

- a. 1905
- b. 1925
- c. 1955

2. Cathays Library is one of 2500 libraries built by donations from Scottish-American businessman and philanthropist Andrew Carnegie. How much money did Andrew Carnegie donate to build Cathays Library?

- a. £5,000
- b. £50,000
- c. £1 million

3. Which famous children's author was born in Llandaff?

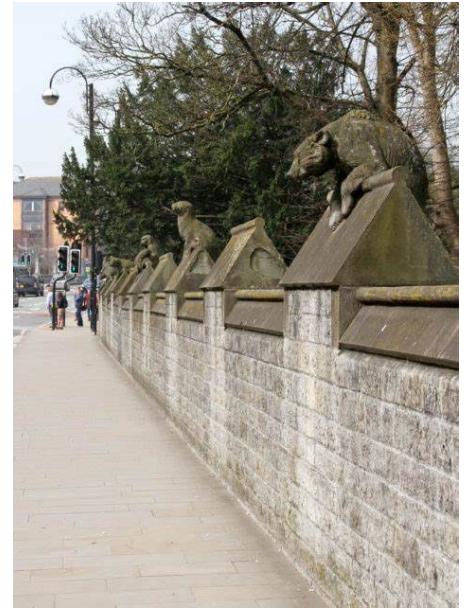
- a. Enid Blyton
- b. David Walliams
- c. Roald Dahl

4. The Davies sisters are widely recognised as the most important collectors of impressionist and 20th Century art in Wales, having donated 260 works to the National Museum. But what were their first names?

- a. Gwendoline and Margaret
- b. Barbara and Gertrude
- c. Elizabeth and Cassandra

5. Today, there are 15 animals along the Animal Wall at Cardiff Castle. But how many animals were there originally?

- a. 7
- b. 9
- c. 11



Rights Respecting Schools - World Refugee Day



World Refugee Day is an international day designated by the United Nations to honour refugees around the globe. It falls each year on June 20 and celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. World Refugee Day is an occasion to build empathy and understanding for their plight and to recognize their resilience in rebuilding their lives.

This year, the focus will be on the right to seek safety. Every person on this planet has a right to seek safety - whoever they are, wherever they come from and whenever they are forced to flee.

As a Rights Respecting School, we pay attention to Children's Rights and consider which articles relate to what we are learning about:



Article 22 (refugee children)

If a child is seeking refuge or has refugee status, governments must provide them with appropriate protection and assistance to help them enjoy all the rights in the Convention. Governments must help refugee children who are separated from their parents to be reunited with them.



Article 10 (family reunification)

Governments must respond quickly and sympathetically if a child or their parents apply to live together in the same country. If a child's parents live apart in different countries, the child has a right to visit and keep in contact with both of them.

Reflection...

The theme of this year's World Refugee Day is **the right to seek safety**.

Spend a few minutes thinking about **what makes you feel safe**.

- How can we learn more about the lives of other people whose experiences may be very different to ours?
- How can all children, including refugees be helped to feel safe?