



WILLOWS
HIGH SCHOOL



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language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

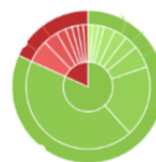
Weekly Newsletter – 15.07.22

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

Belong:

Another successful week at Willows High School. There have been many events, trips and celebrations for our pupils which will continue into next week. We are aware of the Government weather warnings and will act according to advice we receive. Please look out for this on the Classcharts App and our social media platforms. Please ensure that your child is appropriately protected from the sun both in and out of school. Sun cream and hats should be worn and they should be provided with plenty of water.

Breakdown of the Week
10/07/2022 - 15/07/2022



Merits – 08.07.22 – 14.07.22:

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	1577	7Curie	Mohammed Ahmed
Year 8	1565	8Boston	Kayden Allen
Year 9	1299	9Plato	Lily Fortt
Year 10	706	10Schumann	Mekhi Richards
Year 11	/	/	/

School News:

We are a Silver Rights Respecting School:

We are delighted to announce that we are now a Silver Rights Respecting School! We have achieved this prestigious accolade for all of the rights of the child work that has been embedded throughout the school. From tutor time reading to schools of sanctuary and much more - the accreditor was very impressed with the way we go above and beyond to ensure equity in education. A special thanks to Mr. Sage for all of the hard work he has done in this area and to the pupils involved who spoke confidently and with pride in their school. The accreditor was incredibly impressed with the calibre of pupils he spoke to.



Science Department:

A group of year 10 pupils went to the Aerospace Training Centre at Cardiff Airport for a STEM visit this week. They completed some fantastic challenges including, maintenance work on a real plane, designing safety equipment (for eggs), machining their own dog tags, programming and flying drones and finally practicing in a fully equipped flight simulator. The pupils did a fantastic job, coming in second place for the day by only 1 point. The organisers made a special point of mentioning how polite the pupils had been, and how the scores yesterday were the highest they'd had all week. The pupils had a brilliant day and learnt a lot about the future opportunities in aircraft engineering.



English Department:

Our Year 7 Creative Writing club were delighted to attend their graduations at Cardiff Met on Thursday. The quality of their writing and their creative imaginations were commended. I'm sure we'll hear lots about these budding authors in the future!

Academic Vocabulary Bees:

This week, the English Department have hosted our Academic Vocabulary Bees based on our tutor time reading novels this term. This was an excellent opportunity for the teams and the audience to recall their knowledge and to put our mantra, 'words give us power' into action. Thank you to all of our competitors. The winning classes were:

- Y7 Curie
- Y8 McArthur
- Y9 Plato
- Y10 Mozart



Please ensure that your child keep up their good reading habits during the school holidays.

Drama Department:

Screens for Schools:

Congratulations to Year 7 on the completion of their film project in conjunction with Screen Alliance Wales. The finished product is very professional



and we are proud of your dedication and team work!
Da iawn pawb!

STEM and Careers Wales:

Year 7 enjoyed an engineering day run by ARUP last Friday. They learnt all about the work of an engineer, created some fabulous inventions and use their co-operation skills to face the challenges!



Young Entrepreneurs' Y7 Party:

Our Young Entrepreneurs Club organised a party with music, fair ground games and stalls to celebrate the end of their first year. We are proud of the members of this club for showing leadership qualities throughout the year and can not wait for their next big idea!



Community:

Free/low cost food in your area:

- St. Phillips Church, Tweedsmuir Road – Sunday 3:00-5:00pm
- Splott Old Library, Singleton Road – 8:00-10:00am: £3 for a Breakfast Roll and a bag of groceries
- Tremorfa Community Pantry, Tweedsmuir Road – Weds 10:00am-1:00pm (On Facebook and Twitter)
- Splodown Food Co-op, Splott Road. Weds 5:00-7:00pm (Membership starts from £1 depending on circumstances) App on Google Play/App store



- Oasis, Splott Road – Weds 5:00-7:00pm. Refugees and Asylum Seekers. Membership Needed. For more information info@oasiscardiff.org or 02920 460424
- Community Fridge, Cathays Community Centre, 36-38 Cathays Terrace. Mon – Fri 9:30-11:00am, Sat/Sun – 10:00-11:00am
- Boomerang Top up Shop, Eastmoors Industrial Estate – Mon 9:30-11:30 £1

Free/low cost Food from Supermarkets/Restaurants:

- Olio App – Download free on App Store or Google Play.
- Too good to Go App - Download free on App Store or Google Play.

Cardiff Food Banks:

Work on a voucher System – Vouchers are issued by Local Hubs, Support Agencies and Schools.

Willows Teachers Versus South Wales Police Football Match:

Thursday night saw the re-match we'd all been waiting for as Willows teachers took on South Wales police. The final score was 6 – 3 to the teachers after some impressive moves on both sides. A special mention to Mr. Gill for his fantastic hat-trick and to all of our pupils who turned up to support!



Community Advice Event:

This week we hosted an Advice event in our Learning Lounge for our families and other residents. Professional advice was provided on benefits, grants, courses, housing and digital inclusion. Thank you to all that attended and we hope to run more events like this in the future. If you have any further ideas of useful agencies, please contact us and we'll try to set this up.



Kane's Book Drive Success:

We are incredibly proud of the work of Tremorfa Pantry especially our Y7 pupil, Kane Williams who managed to collect enough book donations for all local schools. Children from our local area, will all have a treat to read over the summer and hopefully, this will foster their love of reading for pleasure further. Da iawn, Kane!

Summer Activities:

There are a number of activities going on in the community over the summer:

Street Circus:

All our activities are specifically for the communities of Splott, Adamsdown, and Tremorfa; we also welcome refugees, asylum seekers and people in supported accommodation:



FREE SUMMER FUN **no fitstate community** **Street Circus 13-17yrs**



When? Every Thursday from 28th July - 1st September
2:30pm - 4:00pm

Where? NoFit State Circus, Four Elms Road,
CF24 1LE

What? Drop-in sessions
Circus skills, beatboxing and street art

Who? 13-17yr olds living in Tremorfa, Splott or Adamsdown.
We also welcome asylum seekers/refugees and those living in supported housing.

no fitstate.org
+44 (0) 2920 221 330
Registered Charity Number: 1102850
Paul Hamlyn Foundation
Grange Gardens Centre
Welsh Council of Wales
APTS COUNCIL
ENGLAND
Registered Company Number: 3180348



COMPAS **WELCOME**
Letní klub

Letní aktivity pro děti a mládež
hry, soutěže, zpívání, tancování, sportování...

Začíná od 4.8.2022 do 2.9.2022

Středa, Čtvrtek a Pátek 13:00 - 16:00

E-mail: contact@compas.org.uk
Tel: 07518 945849

Grange Pavilion, Grange Gardens
Cardiff, CF11 7LJ

COMPAS **WELCOME**
Summer club

Summer activities for children and teenagers
games, competitions, singing, dancing, sports...

Start from 04/08/2022 to 02/09/2022

Wednesday, Thursday and Friday 1pm - 4pm

E-mail: contact@compas.org.uk
Tel: 07518 945849

Grange Pavilion, Grange Gardens
Cardiff, CF11 7LJ

PE Top Appeal:

We currently have a shortage of PE tops in our uniform donation shop. If you have any spare PE tops that your child has outgrown, please ask them to take them to Miss. Watt in the Learning Lounge so that we can help families in our community.

Transport for Wales:

'Transport for Wales' have announced that all refugees can travel for free on their services. More information can be found here;

[Free travel for refugees | Tfw](#)

Health and Wellbeing:

Your health matters at Willows!

Dr Anwar advises on how best to cope with the hot weather



We need your support

Home-Start Cymru is a family support charity that provides support, friendship and practical help to parents with young children when they need it most.

Our trained volunteers contact a family every week, providing support remotely or in the family home, such as:

- Listening and supporting
- Parenting skills
- Accompanying appointments
- Budgeting
- Finding local amenities and groups

To name but a few...



Want to find out more?
Contact us at info@homestartcymru.org.uk

Registered Charity: 1105577 Company Number: 5199118



Summer is the perfect time to spend outdoors and soak up some sunshine with our family and friends. However, with an **extreme heat weather warning** in place for the weekend and early part of next week, it is important we take small measures to **protect ourselves and our loved ones**.

We know hot weather can affect our ability to concentrate and cause **dehydration**. More seriously, it can be easy to overheat which can result in heat exhaustion and heatstroke.

To avoid serious illness, try to keep your homes cool, drink plenty of fluids and stay out of the sun during the hottest times. If venturing out, remember to **SLIP, SLOP and SLAP!**

SLIP on a t-shirt, **SLOP** on sunscreen and **SLAP** on a hat!

If you notice someone who may have heat exhaustion get them to rest in a cool place and drink water, remove any unnecessary clothing and cool their skin by using whatever you have available like a wet towel. If in any doubt or suspect heatstroke, seek immediate help.

Heat exhaustion	Heatstroke
Feeling faint or dizzy	Feeling confused
Excessive sweating	No sweating
Clammy skin	Temperature over 40C, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Muscle cramps	May lose consciousness or experience convulsions or seizures

Enjoy the sunshine this weekend, but remember to stay safe! - Dr Anwar

1. **School nurse** – pupils can text 07520615718 or ‘chat’ on ‘Chathealth.NHS.UK’ for confidential advice and support.
2. **Family Gateway** – 03000133133 – provides advice for families no matter how big or small the problem.
3. **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/>
4. **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:

You should have received an end of year letter from the Headteacher through Classcharts. This contains all of the information for the upcoming year. School will finish for pupils at 12.20 pm on Thursday 21st July 2022.

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

