




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

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Weekly Newsletter – 23.09.22

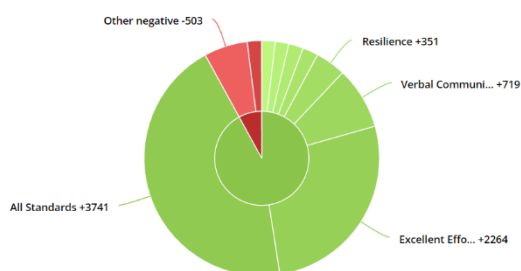
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Belong, Believe, Achieve:

It's been another successful week at Willows High School. We have been hugely impressed by our pupils, especially our lovely new Year 7's who are quickly amassing merits, praise cards and golden tickets. We are pleased that they are settling in well to high school life.

As well as our enrichment programme, pupils can choose from a range of extra-curricular activities. The full time-table is attached to this newsletter. Please encourage your child to take part to learn new skills, develop confidence and to make new friends.

Breakdown of the Week
18/09/2022 - 22/09/2022



Merits – 16.09.22 – 22.09.22:

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	2137	7Cour	Elizabeth Ayodeji
Year 8	1366	8Curie	Mohammad Ahmed
Year 9	1473	9MacArthur	Samuel Ayodeji
Year 10	1335	10Plato	Anais Rees
Year 11	1426	11Schumann	Mazen Milhem

Dates for your Diaries:

- Monday 26th September: Secondary applications open (for Y6 parents to apply for high school).
- Monday 26th September – Friday 14th October: Y7 Parents' welcome phone calls.
- Monday 31st October: Half Term Starts

School News:

Cardiff Schools' Rugby:

Congratulations to the St. Albans' players who have been selected to represent Cardiff Schools this year, especially to our very own, Callum and Bradley! We wish you every success this season!



Y11 Football Win!

A big win for our Yr11 football team in the 1st round of the Cardiff and Vale Cup. Travelling away to Eastern High, the team showed great resilience and character to come back from 1-0 down to win 4-2. Special mentions for Harvey who worked his socks off in midfield, Jake and Joel who were rock solid at the back, and Ryan for scoring a brace. The boys were a credit to the school throughout, on to the next round!



Wellbeing Garden Project:

Several of our newly-arrived pupils had the pleasure of a day off-timetable in order to help revive the Wellbeing Garden. This involved revitalising and painting all of the benches and raised beds, clearing pathways, giving weathered trees a well-needed manicure, tidying the lawn and re-laying areas which we will use for planting next season's flowers and vegetables. We would like to say a big thank you to Sarah all of the volunteers from the Employee Volunteering Company who made it possible – we're looking forward to the year ahead now we have this superb space to use!



Health and Wellbeing:

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

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.

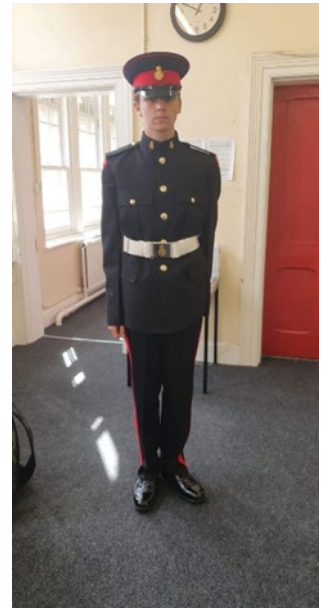
Diolch:

We would like to thank you for continuing to support our school uniform – ‘smart on the outside, smart on the inside.’ We are glad that our past pupils are taking this message with them into the wider world such as David Williams (pictured here). We wish all of our past pupils well as they start college, apprenticeships, university and new careers.

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.

By working together we can ensure your child’s success.

TEAM WILLOWS



Literature Quiz:

Can you answer the following ‘bookish’ questions? If so, e-mail your answers to Mrs. Bubbins by next Thursday to receive a praise card and sweets:

1. Who follows the yellow brick road in the ‘Wizard of Oz?’
2. Where is the cat from in ‘Alice in Wonderland?’
3. What school does Harry Potter attend?
4. What type of animal is ‘Curious George?’
5. What type of animal is Wilbur in ‘Charlotte’s Web?’
6. Who is the hero of ‘The Hunger Games?’
7. What colour are the Gruffalo’s prickles?
8. Where do Peter, Lucy, Edmund and Susan go on an adventure?
9. Which country is Paddington Bear from originally?
10. Who is Princess Mirabelle’s alter ego?





Extra-Curricular Activities – Autumn Term 2022 - 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years
		9.10 – 9.30 am PAWB Breakfast Club (registered pupils only) PAWB room – DP / SP	9.10 – 9.30 am PAWB Breakfast Club (registered pupils only) PAWB room – DP / SP	9.10 – 9.30 am PAWB Breakfast Club (registered pupils only) PAWB room – DP / SP	9.10 – 9.30 am PAWB Breakfast Club (registered pupils only) PAWB room – DP / SP
Lesson time			1.00– 3.00 pm: Guitar and Percussion lessons (registered pupils only) PAC	9.10 – 3.10 pm: Piano and singing lessons (registered pupils only) PAC	9.10 – 3.10 pm: Piano and singing (registered pupils only) PAC
After school	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework
	3.10 – 4.00 pm: Wellbeing Art and Craft PAWB – DP / SP	3.10 – 4.00 pm: French GCSE Booster Session French rooms – JEB and MV	3.20 – 4.20 pm: Art Booster sessions for Y9, Y10 and Y11 pupils F2 - AEJ	3.10 – 4.00 pm: French GCSE Booster Session French rooms – JEB and MV	3.10 – 4.00 pm: Y10 and Y11 Welsh Revision G7 - AGR
		3.10 – 4.00 pm: Y7 Young Entrepreneurs' Club (limited spaces – see Miss. Ward) PAWB - KWa	3.10 – 4.10 pm: Drama Club – Christmas Show Rehearsals – All years. PAC - ED	3.10 – 4.00 pm: Y8 and Y9 Maths Help – JK and EW in G20	
		3.10 – 4.00 pm: Y7 Numeracy Skills G14 - DS	3.10 – 4.10 pm: Y10 and Y11 Intermediate Maths Help G18 - AL	3.10 – 4.00 pm: Y10 and Y11 Higher Maths Help G18 – HAB	
		3.10 – 4.00 pm: J7 Reading Club (invited pupils only)	3.10 – 4.00 pm: Y11 RE revision	3.10 – 4.00 pm: Y10 RE revision	
		3.10 – 4.00 pm: LGBTQ Club PAWB – DP / SP	3.10 – 4.00 pm: EAL Sports Club PAWB – DP / JG	3.10 – 4.00 pm: Y10 and Y11 Revision Space PAWB – DP / SP	
		3.10 – 4.00 pm: Welsh Club – Y7, Y8 and Y9 G7 - AGR	3.10 – 4.00 pm: Y10 and Y11 Technology Booster Tech rooms – JK, SB, RD	3.10 – 4.00 pm: Book Club F3 - NLC	
		3.10 – 4.00pm: KS3 Reading booster sessions (invited pupils only) – English classrooms	3.10 – 4.00 pm: IT Club – Sphero (mini programming and robots) G12 - AH		

***Please see Miss. Davies and Mr. George if you wish to register for singing / instrumental lessons.**



PE Department Extra-Curricular Programme Autumn Term 2022

Activity	Who	Where	When	Teacher	Other Details
Cross Country	Boys & Girls Years 7-11	Training – Willows Field Fixtures - Pontcanna Fields	Tuesday/Wednesday Training 3.30- 4.30pm Fixtures 3.30-6pm	Miss Moore	Bring your kit and trainers/spikes/football boots Training/Trials – Tuesday 13 th and Tuesday 20 th September – Meet Miss Moore on the yard by the changing rooms. Fixtures Tuesday 27 th Sept Boys Race 1 Tuesday 11 th Oct Girls Race 1 Wednesday 19 th Oct Boys Race 2 Tuesday 25 th October Girls Race 2
Year 9 Girls Early Morning Cardio Club	Year 9 Girls	Gym	Wednesday 8.30-9am	Miss Moore	Wear your kit and trainer (bring your uniform to change into prior to line-up) Session will include using the rowing machine, exercise bikes and ski-erg.
Girls Football	Girls year 7-11	3G Pitch or Barn if the weather is wet	Thursday 3.10- 4.10pm	Miss Moore	Bring appropriate footwear for 3G and/or barn. Fixtures will be organised if and when possible (subject to numbers).
Basketball	Boys & Girls Year 7-10	Barn	Wednesday 3.10- 4.10pm	Mr Roberts	All abilities welcome.
Year 11 Basketball	Boys & Girls Year 11	Gym	Thursday 3.10- 4.10pm	Mr Roberts	All Abilities welcome
BTec Sport Intervention	Any Year 9,10 or 11 Btec Sports Students	G16	Tuesday 3.10-4.10pm	Mr Roberts	Opportunity to catch up or get support to complete assignments.
KS3 Boys Football	Boys Year 7-9	3G Pitch or Barn if the weather is wet	Tuesday 3.10-4.10pm	Mr Smith Mr Gill Mr Henwood	Bring appropriate footwear for 3G and/or barn. Fixtures will be organised if and when possible (subject to numbers).
KS4 Boys Football	Boys Year 10 & 11	3G Pitch or Barn if the weather is wet	Thursday 3.10- 4.10pm	Mr Smith Mr Gill Mr Henwood	Bring appropriate footwear for 3G and/or barn. Fixtures will be organised if and when possible (subject to numbers).

Notes: After half-term (once the cross-country fixtures have been completed) Miss Moore will organise a club based upon pupil voice.