




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

Weekly Newsletter – 14.10.22

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

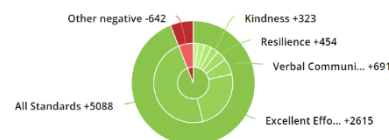
Belong, Believe, Achieve:

This week we are encouraging members of our community to believe in themselves. Whether it's taking further a new enrichment skill, looking ahead to a future career or investing time in learning Welsh – we want our pupils and families to have the confidence to dream big!

Merits – 07.10.22 – 13.10.22:

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:

Breakdown of the Week
10/10/2022 - 13/10/2022



Year Group	Total	Excellent Effort	Merit Champions
Year 7	2432	7Dali	Halle Wheeler
Year 8	1921	8Curie	Liam Musto
Year 9	2168	9Farah	Kayden Allen, Mia-Louise Evans-Marnell and Ziad Mohamed
Year 10	1683	10Plato	Catrin Saunders
Year 11	1775	11Schumann	Nakiah Draper

Dates for your Diaries:

- Monday 26th September – Wednesday 19th October: Y7 Parents' welcome phone calls
- Thursday 20th October – 'An Evening with Petr Torak' (see attached flyer)
- Monday 31st October: Half Term Starts

School News:

Enrichment:

It was the third enrichment session this week and it was a pleasure to see hundreds of smiling faces as pupils left the school gates. Some carrying home-made cards, bracelets, cooking creations and embroidery – others with fake theatrical make-up designs, henna tattoos and new hair styles. This fortnight our focus is on our creative arts and yoga:

Creative Arts:

This week our Creative Arts enrichment group were lucky enough to have a visit from Stevie, Callum and Daf, who are part of Technology Advanced Learning at Cardiff and the Vale College. Pupils used iPads to create 3D drawings and a potential new logo for Willows. However, the highlight for



many was using the VR headsets to design their own 'virtual space'. The creative juices were really flowing and the group produced some fantastic work. TEL@CAVC will be back in two weeks and the group is very excited about their next enrichment session!

Yoga:

We have been starting our yoga enrichment learning about the importance of the breath. We have practised box breathing and nostril breathing and discussed how we can use this to calm ourselves in times of anxiety or stress. We have learnt all of the basic shapes and moves – cat / cow, downward dog, mountain, tree, forward folds and cobra and have put these together into a Vinyasa flow. Next time, we are looking forward to combining yoga and HIIT for a full body work out!



Cymraeg Campus:

At Willows we are proud to be Welsh and will be working hard to achieve 'Campus Cymreig' status. We'd really appreciate your help at home with this so why not practice your Welsh at home? We will provide a variety of terms and phrases weekly. Use the phonetic column to see how it should be pronounced. Send any queries or questions to: willowswelsh@willows.cardiff.sch.uk



Welsh Terms of the Week

Week Two:

Welsh	Phonetic	English
Pwy wyt ti?	Poi oi-t tee?	Who are you?
Sam ydw i	Sam ud-oo-wee	I am Sam
Sut wyt ti?	Sit oi-t tee?	How are you?
Rydw i'n	Rud-oo een	I am
Hapus	Happ -is	Happy

Football Fixtures:

Please see our football fixtures attached. We would like to encourage as many pupils as possible to get involved with extra-curricular sports. If you are interested in football, please see Mr. Smith or for any other sport, see Miss. Moore. Parents are encouraged to come to support our teams – we'd love to see you there!



Offer from Gifted Study Club:

Gifted Study Club is a new global live learning platform where the brightest young teenage minds can interact with experts from the world's leading universities.

[The Gifted Study Club app](#) will launch in the first part of 2023. Students can enjoy a foundation membership of Gifted Study Club for their whole school lives for just £59. This also includes access to our [Pre Launch Season](#) festival this autumn.

Use the code **SCHOOL10** to save an additional £10 off foundation memberships during October: [Foundation membership for students](#)

Health and Wellbeing:

SilverCloud Launch:

Silvercloud, a series of free to access online CBT programmes funded by NHS Wales, has extended its provision.

A selection of 12 week online programmes are now available for parents and carers with children and young people aged 4-18 with mild-to-moderate anxiety, as well as teens aged 16-18.

Parents/carers and teenagers can sign up online and don't need a referral from their GP. Teens can sign up without needing adult consent.

You can read more about the programmes offered on our website here: [Silvercloud - Children, Young People And Families \(cavyoungwellbeing.wales\)](http://Silvercloud - Children, Young People And Families (cavyoungwellbeing.wales))

Chat Health:

A reminder that all secondary school pupils can text the school nurse service for any medical support and advice. This may be useful if your child is too anxious or embarrassed to talk to a doctor in the first instance. Please chat about this with your child and make them aware of the service and number (below):

**IF YOU'RE 11-19 YEARS OLD
TEXT YOUR SCHOOL NURSE ON
07520 615718
FOR CONFIDENTIAL ADVICE AND SUPPORT**

**We help young people
with all kinds of things
like...**

BULLYING **HEALTHY EATING**
SMOKING **CHANGES TO YOUR BODY**
EMOTIONAL WELLBEING **DRUGS**
FEELING SAD OR ANGRY
EXAM STRESS **ALCOHOL**
RELATIONSHIPS

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

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 our past-pupil, meteorologist, Liam Dutton, for taking time to write the following words of inspiration for our pupils:

“There have been times in my life when I’ve encountered people who have been surprised at my achievements, based on where I’m from and which school I went to. Never ever let that put you off aspiring and achieving whatever you want to do in life. I didn’t and have gone on to have a successful career as a broadcaster, meteorologist and now author. Work hard, stay focused and the world is your oyster!”

Liam’s new book is available in our school library and in all good bookshops now.

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.

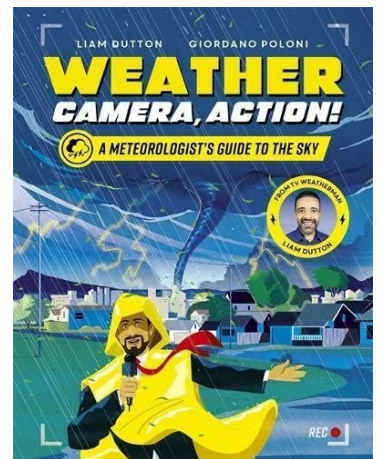
By working together we can ensure your child’s success.

TEAM WILLOWS

Llongyfarchiadau to this week’s quizzers – **Hope Allen and Kayden Allen** for their correct answers in the Black History Month quiz! Here is this week’s Weather Quiz. Remember to e-mail your answers to Mrs. Bubbins to win a praise card and a treat!

Weather Quiz:

1. Which country has the driest inhabited area in the world?
2. What name is given to an occasion when the equator is furthest from the Sun?
3. Which county is England’s wettest?
4. Which usually travels faster, a cold front or a warm front?
5. Which sea area is immediately to the south of Ireland?
6. The name of which type of cloud is Latin for a lock of hair?



Reading Well for Teens

explore
your Cardiff Library

There is a specially chosen list of books available to support the mental health and well being of teenagers that will be available in Cardiff Hubs and libraries.



Launching in Cardiff
Central Library Hub
at 10am on the 15th of
October



Willows High School and Compass Charity

Would like to invite you to

‘An Evening with Petr Torak MBE’

at Willows High School

Thursday 20th October @ 6pm



- Information about EU Settlement Scheme
- Discussion about starting a Roma Community Group
- Advice on School/ Education matters
- An opportunity to ask questions
- An opportunity to meet other Roma parents

Free Circus Classes

These **free** sessions are for the people of Splott, Adamsdown and Tremorfa, asylum seekers, refugees, and those living in supported accommodation are also welcome.



Circus Club
Every Monday
Ages 5-11: 16:15 - 17:15
Ages 11+: 17:45 - 19:15
★ **Booking Required**

Sunday Circus
Every Sunday in
Brewery Park
15:00 - 16:30
Everyone is welcome!
Drop In

Adult Circus
Every Thursday
12:30 - 14:00
Circus for over 18 year olds
★ **Booking Required**

Where?
★ = NoFit State,
Four Elms Road,
CF24 1LE
= Brewery Park



nofitstate
community

Scan for more info

To book: ✉ evie@nofitstate.org ☎️ 📞 07500 970567

Find us online: 📷 @nofit_state_community 📘 NoFit State Community

Dosbarthiadau Syrcas am Ddim

Ar gyfer pobl Sblot, Adamsdown a Thremorfa mae'r sesiynau hyn sydd **am ddim**. Mae croeso i geiswyr lloches, ffoaduriaid a phobl sy'n byw mewn llety â chymorth hefyd.



Clwb Syrcas
Bob dydd Llun
Plant 5 – 11 oed: 16:15 - 17:15
Rhai dros 11 oed: 17:45 - 19:15
Angen bwcio ★

Sul Agored
Bob dydd Sul yn
Parc y Bragdy
15:00 - 16:30
Croeso i bawb!
Galw heibio

Dosbarth Oedolion
Bob dydd Iau
12:30 - 14:00
Syrcas ar gyfer rhai dros 18 oed
Angen bwcio ★

Ble?
★ = NoFit State,
Four Elms Road,
CF24 1LE
🌳 = Parc y Bragdy



Bwcio: ✉ evie@nofitstate.org ☎️ 📞 07500 970567

Rydyn ni ar lein: 📷 [@nofit_state_community](https://www.instagram.com/nofit_state_community) 📘 [NoFit State Community](https://www.facebook.com/NoFitStateCommunity)