




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

Weekly Newsletter – 21.10.22

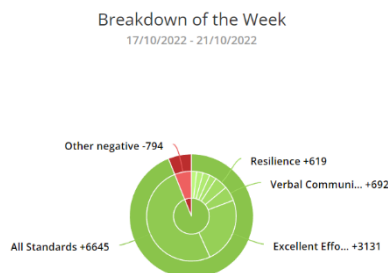
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Belong, Believe, Achieve:

It's been another busy week at Willows High. We have built our cultural capital on trips, participated in a wide range of extra-curricular activities, continued with our 'Black History Month' assemblies culminating in 'Show Racism the Red Card' day. Next week is the last week of this half term.

Merits – 14.10.22 – 20.10.22:

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:



Year Group	Total	Excellent Effort	Merit Champions
Year 7	3537	7Dali	Juliana Pirlea
Year 8	2387	8Goodall	George White
Year 9	2346	9Boston	Chloe Edwards
Year 10	1806	10Cavendish	Cruz Jackman and Thomas Cervenak
Year 11	2207	11Sutherland	Mazen Milhem

Dates for your Diaries:

-Monday 31st October: Half Term Starts

School News:

Show Racism the Red Card:

Like many organisations, we wore red today to 'Show Racism the Red card.' At Willows, we believe our diversity is our advantage and that everyone should be treated with respect. We have learnt all about the founder of the organization, Shaka Hislop too.

Show Racism the Red Card



In 1990s Newcastle, Shaka Hislop was at a petrol station near St James Park when he was confronted with a group of young people shouting racist abuse at him. After one of the group realised that they had been shouting at Shaka Hislop, the Newcastle United football player, they came over to ask for an autograph. It was from this experience that Shaka realised he could harness his status as a professional player to make a difference. Coupled with the power of football and his status as a role model, Shaka thought education could be an effective strategy in challenging racism in society and the charity Show Racism the Red Card was created.



Y7 Reading Club:

Year 7 Reading Club has got off to an amazing start this year, with more pupils than ever before staying behind every Wednesday after school to improve their reading skills.

Pupils have had fun playing well-known word games, such as Scrabble, Bananagrams and Boggle and lesser known games, such as Muddler and Super Sleuth.

We will be reviewing our list of pupils for Reading Club every half term, however if you feel your child would benefit from attending or you would like some tips to help your child at home, please contact Mrs. Williams at lucy.williams@willows.cardiff.sch.uk and we will be happy to help.



Y7 and Y8 Trip to 'A Midsummers Night's Dream' at the Sherman Theatre:

On Thursday afternoon, pupils from Y7 and Y8 were treated to the Sherman Theatre's production of 'A Midsummer Night's Dream.' The excellent cast really brought Shakespeare to life. Pupils experienced the magic of bi-lingualism as the cast interchanged between Welsh and English when the real world and the magical world collided. Pupils praised the production for its inclusivity and LGBTQ+ elements. A particular favourite was the character of Bottom whose antics had us rolling in the aisles!



Y11 Trip to Oxford University:

Our Year 11 More Able and Talented pupils had the privilege of visiting Oxford University this week. Here, they had a tour of the historic town and the University campus. They participated in a philosophy lecture which really got them thinking about the world around them. After lunch, in the Great Hall of Jesus College (which is 400 years old!) they were able to practice Oxford entry interview questions. We hope the day really inspired our pupils to aim high. Thank you to the Seren Network for their continued support with this programme.



Military Studies

We are pleased to announce that next week we are being visited by members of the armed forces.

On Wednesday the 26th of October we have the Royal Navy coming in to inform students of career opportunities. They are also holding an exciting rocket workshop!

On Friday the 28th of October, we are receiving a visit from the Army. The students will be given a career talk and have the opportunity to ask any burning questions about a military life.

Are we excited? Roger that!

See Mr. Furness or Mrs. Rees for further details.



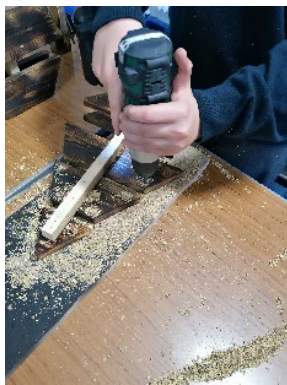
Social Enterprise Club (SEC) Willows:

We have been quietly working away in SECWillows so here's an update!

We have been working on our business model with the view to offer it to other schools with a similar demographic. We have created a brand-new website where you can view not only our business but the individual spin off businesses set up by students. You will also be able to view the other projects that not only we are involved in but also the rest of our school. Online orders can be made through our Etsy shop but if you are local to us please order through the contact us page for a catchment area discount:

WWW.SECSCHOOLS.CO.UK

In addition to working on our business plan, we have also been getting products ready for Christmas. Students have been building trees, snowmen and reindeer ready to sell at several Christmas events which we keep you updated about. Of course, you can still order them through our Facebook and Twitter accounts @SECWillows as well as by emailing us sec@willows.cardiff.sch.uk



Enrichment (Horse Box project):

It is with sad news that we must inform you that Aneka the Rice horse box is no longer with us. She required a little too much work to make our business viable. However, like a reboot of the 80s TV classic Treasure Hunt, we now have Annabel who is a little younger and easier to work with.

Meanwhile, the chefs have been learning some new dishes, interior designers agreeing a colour scheme and engineers purchasing their tools ready for stage one of stripping the box ready for fabrication.

We would like to thank our amazing local and wider community for their ongoing support with our project particularly Jess and the team from Kier Construction who have offered their help with providing electricity and water to our new workshop which the students are currently building; Jessica from Celsa group who have agreed to provide some Galvanised steel and angle iron to strengthen and rebuild the floor of the wagon and Robert and Poppy from Robert Toutt Building Solutions who helped to return Aneka to her previous home.

Finally, a huge Shout Out and thank you to the support of Mrs Batchelor who is willing to go along with whacky ideas even resulting in her waiting in a wet and muddy field in Llanelli for an hour whilst her husband disappeared and came back with a horse box that made funny thudding noises whenever it turned a corner.



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 Three:

Welsh	Phonetic	English
Da iawn	Dah yawun	Very good
Wedi blino	Wed-ee bleen-oh	Tired
Croeso	Croi-saw	Welcome
Dim problem	Dim prob-lemm	No problem
Iawn?	Y-awn	O.K

Pupils have received assemblies this week about our 'Cymraeg Campus.' We will be encouraging as much incidental Welsh as possible around the school and also need volunteers from each year group to join our Criw Cymraeg (See below):

Cymraeg Campus

As announced in assemblies this week, we are looking for pupils to join our 'Criw Cymraeg' (Welsh Crew). If you are interested, please collect an application form. If you have any questions, please see Mrs. Rees or Mr. Grainger.

Criw Cymraeg

We will be forming a 'Criw Cymraeg' to act as a pupil voice whilst working towards the bronze award of Cymraeg Campus. We need 2 pupils from each year group.

Duties include:

- Promotion of the Welsh Language.
- Tracking of progress towards targets.
- Meetings to discuss ideas regarding targets.
- Represent the school when promoting 'Cymraeg Campus'.



* Application forms available in G7 and G8.

Careers:

Year 9 Engineering Day:

This week Willows hosted another successful engineering project with representatives from engineering companies Viridor and Arup both coming into school to work with the Year 9 pupils. The projects the pupils were tasked with was to design a new school and to build a "Build a Wind Turbine."

Working in small groups, the pupils found it really interesting and engaged fully in their task. It was really pleasing to see the ideas flowing and the teamwork between the pupils to achieve their aim. Some of the questions that the pupils asked were superb.

The purpose of these types of projects is to give pupils an opportunity to engage in a real-world activity and open their eyes to a possible career for them.





Many thanks to Adrian Cole from careers Wales for helping to organise the event and to the people from Viridor and Arup for leading the session.

Chartered Surveyors

This week Willows hosted project with representatives from a firm of Chartered Surveyors, called Knight Frank. The project, with pupils from 9FA, was designed to help pupils understand what a chartered surveyor does and the variety of different roles that exist in the profession.

Working in small groups, the pupils found it really interesting and engaged fully in their task. It was really pleasing to see them working together and listening to the visitors.



Prior to the project, year 11 pupils were invited to a talk with Knight Frank to give them an insight into the profession and the different career paths they could undertake to get into the industry.



The purpose of this visit is to make the pupils aware of different occupations they could enter into when they leave school.

Many thanks to the staff from Knight Frank for delivering both the talk and the project.

Millennium Centre:

Miss. Davies has continued to attend the Wales Millennium Centre with Year 8's this week who are interested in careers in drama and production. The pupils experienced dancing, acting and radio and will build on their new found skills on their next visit. We look forward to hearing about their future careers in the creative industries.



Cardiff and the Vale College:

Our Y11's have received their first assembly with Joanne Tanner from Cardiff and the Vale College. Joanne spoke to them about the array of opportunities awaiting them after they leave school. Open Evenings for A-Level begin next week. These will be followed by further Open Evenings for Apprenticeships and vocational courses. The QR code below will direct you to the dates of these. Joanne will also be visiting the school monthly to speak with groups and individuals. If parents or pupils have any questions in the meantime, feel free to contact her on JTanner@CAVC.ac.uk.

Health and Wellbeing:

SilverCloud:

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 \(cavyoungwellbeing.wales\)](https://cavyoungwellbeing.wales)

Chat Health:

Cardiff and Vale College
Coleg Caerdydd a'r Fro

Open Evenings 2022/23

For school leavers and adults

Events throughout the year at a range of campuses. For dates and full details, visit: cavc.ac.uk/openevenings

cavc.ac.uk

Twitter, Facebook, YouTube, Instagram icons

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**

**BULLYING
SMOKING
EMOTIONAL WELLBEING
FEELING SAD OR ANGRY
EXAM STRESS**

**HEALTHY EATING
CHANGES TO YOUR BODY
DRUGS
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:

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 Weather quiz! Here is this week's competition with thanks to Ms. Amos:

**Portuguese, Brazilian and
Mexican Day of the Dead
1st/2nd and 5th November
2022**

**Dia de Finados, Dia dos
Mortos or Dia dos Fiéis
Defuntos**

*This is a day of
contemplation,
remembering those who
have left and also
valuing life.*

**We would like to invite you
to create your
picture/collage/painting to
celebrate this spectacular
event. Please hand in your
creations to your form
tutors**

