




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

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Weekly Newsletter – 30.09.22

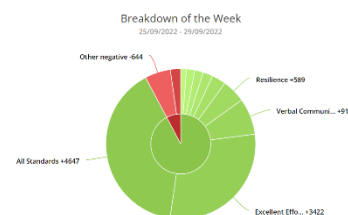
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Belong, Believe, Achieve:

This week we have enjoyed football and cross-country success, careers visits and our second enrichment sessions. You can keep up with us daily on Twitter - @WillowsHigh.

Merits – 23.09.22 – 29.09.22:

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	2943	7Cour	Rhys Ackerman
Year 8	1924	8Goodall	Riley Phillips
Year 9	2401	9Edwards	Fatima Ahmed and Marwa Elmi
Year 10	1540	10Attfield	Elyas Alanzi and Rico James
Year 11	1928	11Sutherland	Eldana Foto

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
- Tuesday 11th October: Y6 Admissions Support Evening – 3.30 – 4.30pm for help with secondary applications
- Monday 31st October: Half Term Starts



School News:

Enrichment:

We are pleased to see our enrichment programme being embraced by pupils and staff. Our pupils are taking part in 52 different activities including gardening, swimming, crocheting and theatrical make-up. It is a pleasure to see pupils developing confidence, learning new skills and making friends across year groups. Below is what has been happening in some of our creative courses - 'Henna tattoos,' 'Knitting' and 'Mask Making.'

Henna Tattoos:

In our 'Henna Tattoos' enrichment sessions, we have first researched the practice by looking at all stages from leaves to paste. We have watched videos on how to make Henna paste, discussing the differences and similarities of different ways of making the paste, as well as how to apply numeracy ratios when using gradients.

We then looked at alternatives to Henna for pupils who are allergic to Henna to enjoy their enrichment session. We found some fruit based temporary tattoo paint, which is safe for skin and can be a very good substitute for Henna. We tested pupils and all of the members of staff involved to check for Henna allergies. Whilst waiting for the results, we enjoyed drawing some designs on laminated papers with and without the use of stencils. In our next session, we will enjoy using Henna on our skin - we might have a Henna expert parent as a guest coming soon. It is a pleasure to see pupils working together to develop their creative skills!

Knitting:

This week in knitting enrichment we practised casting on stitches using two different methods. We then learnt how to do a knit stitch. It's not as easy as it looks! We're hoping to knit some baby blankets and hats to donate to sick and premature babies in the NICU at the University Hospital. This will give us a chance to practise our knitting stitches and skills as well as helping others.

Mask Making:

As part of their mask making enrichment pupils have designed their own masks, taking inspiration from a variety of sources. They are at the stage of creating solid mask bases using layers of newspaper and glue. Following a few more layers they will be building features and perfecting their designs before painting them and adding the finishing touches. Pupils have drawn a range of fantastic designs and it will be exciting to see them come alive through their 3D works of art!



Health and Wellbeing:

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
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 – **Noah Roberts, Hope Allen and Kayden Allen** for their correct answers in the Children's Literature quiz! Here is this week's Flags Quiz. Remember to e-mail your answers to Mrs. Bubbins to win a praise card and treat!



Flags Quiz:

Can you name the countries to which the following flags belong?

