




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

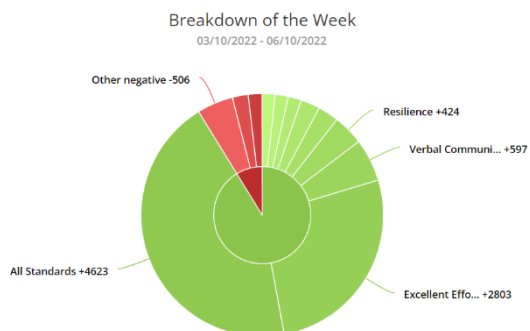
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Weekly Newsletter – 07.10.22

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

Belong, Believe, Achieve:

At Willows, it is important that we all belong to our school, community, country and the wider world. Uniform (including P.E. kit) plays an important part in building a culture of equality and belonging and we'd like to thank parents for their continued support with this. In assemblies, we have been listening to the achievements of black Britons in every area of endeavour as part of Black History Month. We are continuing to build a sense of belonging to Wales and hope that you will join us with this by practising Welsh at home. Our Learning Lounge and EAL Department have been working closely to welcome asylum seeker and refugee families to school – please contact us to join in.



Merits – 30.09.22 – 06.10.22:

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	2076	7Matisse	Halle Wheeler
Year 8	1444	8Curie	Megan Grace Williams
Year 9	2053	9Farah	Maria Goman
Year 10	2063	10Tesla	Tomas Cervenak
Year 11	1920	11Schumann	Mazen Milhem

Dates for your Diaries:

- 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:

Thankyou!

We've been able to help 9 of our Willows families with school uniform, just in the past week! Thank you to everyone who has donated uniform, money and raffle prizes so far. We couldn't do it without you!



Black History Month:

At Willows High School diversity is our advantage. Our assemblies this week have discussed how we recognise that everyone in our school has different characteristics and circumstances but that we are all equal. We respect that the equality of our LGBTQ+ and disability community is essential and that celebrating our cultural heritage is vital. Together we aim to work to ensure equality and respect.

News and General Knowledge Lessons:

In their News and General Knowledge lesson, 7Cour have been discussing the cost of living crisis and learning about why so many things are becoming more expensive. They identified the rise in fuel costs and the war in Ukraine as being some of the main factors in this. Here are 7CO's 'top tips' for saving money:

- Eat at home instead of going out
- Use your device less to save electricity on charging
- Don't waste food – eat leftovers or turn it into a new dish!
- Grow your own fruit and vegetables
- Don't waste water and electricity – fix dripping taps and turn off lights if you don't need them on
- Go outside more – enjoy the fresh air!



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 One

Welsh	Phonetic	English
Shwmae?	Shoo-my	How's things?
Bore da	Bor-eh-dah	Good morning
Prynhawn da	Prun-hawn dah	Good afternoon
Hwyl fawr	Hoil vow-r	Good bye
Diolch	Dee-ol ch	Thank you

Community:

School of Sanctuary:

Willows High would like to speak to refugee and asylum-seeking parents. The school would like to organise monthly after-school meetings to find out how we can support you and your families. If you are interested, please contact us by email on Samantha.Watt@Willows.Cardiff.sch.uk.

Parent Power:

Our Learning Lounge, in conjunction with the 'Brilliant Club' and 'Parent Power,' took a successful trip on 10th September to Cardiff University (see group photo attached). The feedback from parents was very positive. Please see the flyer attached to the end of this newsletter for an upcoming meeting – all welcome!



Aspire Days:

Cardiff University would like to invite and welcome sanctuary seekers (Asylum Seekers and Refugees) and their families in Cardiff to visit the campus!

Open Days are the perfect opportunity for you to experience first-hand what it's like to study and live in Wales' capital city.

The day is designed to provide you with information, advice and guidance about the different support services we offer.

There will be talks and sessions throughout the day, and stalls where you can network with local community organisations. Explore Cardiff, by meeting our staff, students and community partners!

[Book Now!](#)

If you have additional questions, please email outreach@cardiff.ac.uk

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

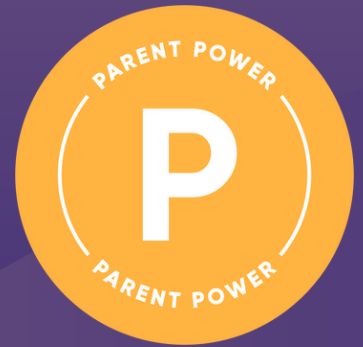
TEAM WILLOWS

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

Black History Month Quiz:

Can you name the following six inspirational people?





CARDIFF PARENT POWER

Sign up [here](#) to join our next Cardiff Parent Power meeting at 6:30pm on Tuesday 25th October at Grange Pavilion.

Cardiff University will deliver a session about writing a 'personal statement' when applying to university and we'll be planning some campus visits to universities.

Cardiff Parent Power is a project where parents and carers with young people in years 7-11 lead the way. We create opportunities that benefit local families, such as tailored visits to universities, and work as a group to create change for our young people.



If you have any questions or want further information, please contact 07394 569837 or parentpowercardiff@thebrilliantclub.org.

