




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

Weekly Newsletter – 11.11.22

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

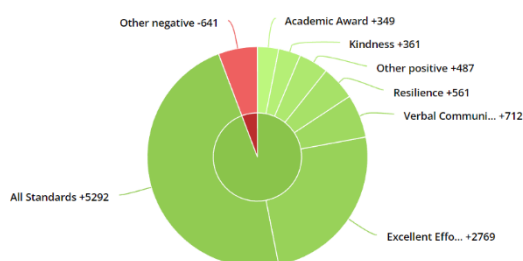
Belong, Believe, Achieve:

It is World Kindness Day this weekend. To celebrate this, the whole school completed gratitude cards to thank staff for their hard work. We have also been delighted to welcome our cluster primaries to school and know from their feedback that they enjoyed their time with the Science department. There have also been a number of trips and visits – see below for the full details!

Merits – 07.10.22 – 10.10.22:

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
07/11/2022 - 11/11/2022



Year Group	Total	Excellent Effort	Merit Champions
Year 7	3072	7Inness	Olivia Gwilym
Year 8	1608	8Farah	Riley Phillips
Year 9	2770	9McArthur	Princess Boleigha
Year 10	1674	10Tesla	Callum James-Scott and Rico James
Year 11	1394	11Schumann	Pashew Rafiq

Dates for your Diaries:

- 14.11.22 – Wear odd socks to school for anti-bullying week
- 21.11.22 – INSET Day – pupils do not attend school
- W/c 21.11.22 – Catering Mock exams for Y11
- W/c 28.11.22 – Y8 Parents' phone calls
- W/C 05.12.22 – Y7 Storey Arms trips start
- 22.12.22 – End of Autumn Term



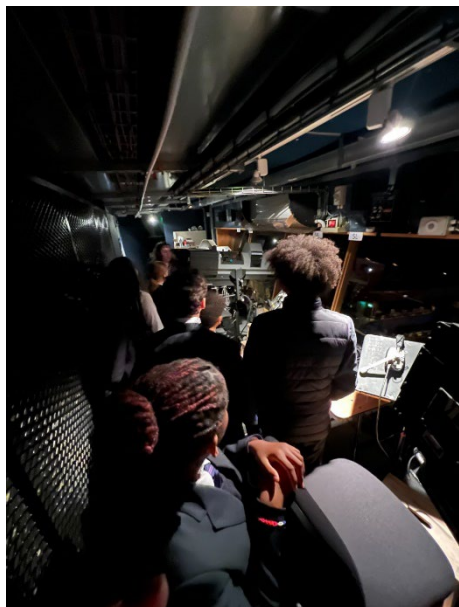
Become a Parent Governor:

We currently have three parent governor vacancies. If you are interested in filling one of these positions, please click on the link below to complete an application form: <https://forms.office.com/r/sttYngpXXm> . The deadline for the form to be completed is 14th November 2022.

School News:

Performing Arts Trip to the Millennium Centre:

On Tuesday, our wonderful pupils attended Day 3 of their insightful trip to the Wales Millennium Centre. This time, the pupils met Josie, one of the lighting technicians at the centre and explored behind the scenes of lighting, sound, theatre and performance. The pupils were absolutely thrilled and we are looking forward to working with the WMC again in the future.



English Department – Debate Mate:

Following the school's recent success at the Dubai Expo Factor Debating competition together with winning the Wales Debate Cup, Willows High were again invited to the launch of the Debate Mate Schools Programme in Cardiff. The launch event took place on 10th November at City Hall. Forty pupils from Willows attended with Miss Nelms, Miss Davies and Miss Islam and listened to talks, debates and information on what is to come over the next few months.

We are very proud that four Willows pupils, Harrison, Enimiah, Carmen and Aiden, were selected to take part in a show debate with members of Debate Mate in front of a packed audience. They were exceptional and it was lovely to hear their views on such important topics.

Willows is again part of the Debate Mate programme, and we look forward to more exciting trips and events that are due to take place! All pupils are welcome to Debate Club which runs on a Wednesday and Thursday after school.



Mo-vember:

This November the Gents of Willows High School will be supporting Movember. The Gents aka Mo Bros are made up of both staff and students. We shall be growing our moustaches advertising this very important cause.

Too many men are afraid or think it's not manly to go to the doctors or speak to somebody about both their physical and mental health however, to be a true man is to embrace our emotions and lead by example.

Although we are focusing on men's health, some principals are useful for other genders too. You can also donate to help the Movember work using the QR code or <https://uk.movember.com/donate/details?memberId=1410590>

Each week we shall be focusing on different elements of men's health beginning with mental health.
Regards,

The Mo Father

REACH OUT WITH ALEC

Four simple steps - use ALEC to help you navigate a conversation with a friend who might be doing it tough.

A L E C

Ask

Start by asking how he's feeling. It's worth mentioning any changes you've picked up on. Maybe he's spending more time at the bar, has gone quiet in the group chat, or isn't turning up to social events. Whatever it is, he's just not himself.

Use a prompt like,
"You haven't seemed yourself lately - are you feeling OK?"

Trust your instinct. Remember, people often say "I'm fine" when they're not, so don't be afraid to ask twice.
You can use something specific you've noticed, like,
"It's just that you haven't been replying to my texts, and that's not like you."

A L E C

Listen

Give him your full attention. Let him know you're hearing what he's saying and you're not judging. You don't have to diagnose problems or offer solutions, but asking questions lets him know you're listening.

Ask a question like,
"That can't be easy - how long have you felt this way?"

A L E C

Encourage Action

Help him focus on simple things that might improve how he feels. Is he getting enough sleep? Is he exercising and eating well? Maybe there's something that's helped him in the past - it's worth asking.

Suggest that he share how he's feeling with others he trusts. This will make things easier for both of you. And if he's felt low for more than two weeks, suggest that he chat to his doctor.

A L E C

Check In

Suggest you catch up soon - in person if you can. If you can't manage a meet-up, make time for a call, or drop him a message. This helps to show that you care; plus, you'll get a feel for whether he's feeling any better.

Huge thanks to R U OK? for developing the ALEC model.



Y6 Cluster Primary Visits:

We are delighted to have hosted Y6 pupils from Moorland Primary, Baden Powell Primary, Howardian Primary and Adamsdown Primary this week. The young people worked with TechnoCamps from Cardiff University and our Science Department using coding and microbits. We received excellent feedback and we are looking forward to further transition work with our other primaries next week and everyone in the future. We are really pleased that so many of you have made Willows your first choice!



Welsh Department – 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 Four

1	Un	Een	6	Chwech	Chh-weh-chh
2	Dau	Die	7	Saith	Sigh-th
3	Tri	Tree	8	Wyth	Oi-th
4	Pedwar	Ped-waar	9	Naw	Now
5	Pump	Pimp	10	Deg	Dehg

willowswelsh@willows.cardiff.sch.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://www.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):



The graphic features a teal background with a hand holding a smartphone. The phone screen displays a text message: "Text anytime... We reply Mon - Fri 8.30am until 4.30pm". To the right of the phone, the text reads "We help young people with all kinds of things like...". Above the phone, the text says "IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE ON 07520 615718 FOR CONFIDENTIAL ADVICE AND SUPPORT". To the right of the teal box, there are logos for ChatHealth, GIG NHS, and Bwrdd Iechyd Prifysgol Caerdydd a'r Fro Cardiff and Vale University Health Board. Below the logos is a list of issues: BULLYING, SMOKING, EMOTIONAL WELLBEING, FEELING SAD OR ANGRY, EXAM STRESS, HEALTHY EATING, CHANGES TO YOUR BODY, DRUGS, ALCOHOL, and RELATIONSHIPS. At the bottom right, there is a small disclaimer text.

**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.

Enjoy your half-term!

TEAM WILLOWS

World Kindness Day:

Being kind is the best thing you can be. Please check out the website below for lots of activities, polls, tips and challenges. Let us know your progress:

[Free Kids' Kindness Club - School of Kindness](#)

