




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

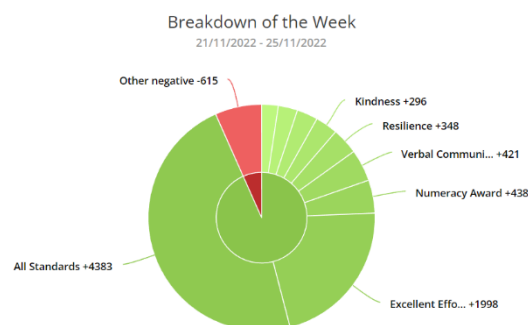
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Weekly Newsletter – 25.11.22

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

Belong, Believe, Achieve:

This week, Mrs. Bubbins has hosted our Resilience assemblies to encourage pupils to be aware of their responses to difficult tasks and provide them with strategies for overcoming obstacles. We learnt about the resilience of Harry Kane, the support Jack Grealish provides for his sister and the resilience of the Welsh nation over history. We hope that pupils start thinking about their goals and ways to achieve this over the coming weeks.



Merits –19.11.22 – 24.11.22:

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	2052	7Hepworth	Katie Cowell
Year 8	1739	8Curie	Sultan Sanusi
Year 9	2034	9Edwards	Ethan Brittan
Year 10	1484	10Plato	Raghad Alsmadi and Dominic Bily
Year 11	1318	11Schumann	Mohammed Alsmadi

Dates for your Diary:

- W/c 28.11.22 – Y8 Parents' phone calls
- W/C 05.12.22 – Y7 Storey Arms trips
- 15.12.22 – 'Willows Wonderland' – School Christmas Show
- 22.12.22 – End of Autumn Term

School News:

Willows Wonderland – School Christmas Show:

Please come and join us for a Christmas show with a difference! Tickets are soon to be on sale for 'Willows Wonderland' which will take place on Thursday 15th December 2022 in the school theatre at 6.30 pm. Tickets are £2.50 and will be sold on a first come, first served basis on ParentPay. Featuring pupils and staff performances – acting, singing and dancing – it's sure to be a night to remember!



New GCSEs in Wales:

GCSE qualifications in Wales are changing and Welsh Government would like your views. Have your say here: [Have your say - Qualifications Wales](#)

School News:

Calling all Singers:

The Performing Arts department are putting together a school choir and would like as many pupils as possible to get involved! Choirs are good fun, and a great way to explore your voice and your inner performer. We will be exploring lots of music and different styles. We will also be preparing for events, shows, and upcoming opportunities.

If you're up for it, please see Mr. George.

Year 8 Genius Hour – Lunch at Deloitte:

We would like to thank our friends at Deloitte for providing our Year 8 Genius Hour winners with a brilliant experience – a tour of their offices and a scrumptious lunch! Thank you for the positive feedback and we look forward to continuing to work with you in the future.

"I just wanted to say we've really enjoyed our time today with the students. They were all really happy with their edited film and they also had a video from our Head of Film, Simon Kramers, who congratulated them on their winning documentary.



Every single one of the students had impeccable manners and they were an absolute credit to the school. They did so well, it's been a pleasure to host them today along with their amazing teachers who are clearly doing a great job with the students. We were thoroughly impressed by everyone.

It was clear to see that they had learned a lot about diversity and inclusion from making the film and it was great that they all felt comfortable speaking up about things. They should all be very proud of their efforts as they really can change things for other people in the future by being open and honest about their experiences. Diversity and Inclusion plays a huge part in life at Deloitte and it's so important to get young people to speak openly about this important subject."

Media Studies Trip to BBC Central Square:

On Tuesday the GCSE Media Studies Y10 class were lucky enough to visit BBC in Central Square. Pupils were treated to tour of the television and radio studios where they were shown specialist equipment and spoken to about production and the vast career opportunities in the media in Cardiff. Pupils met newsreader, Nick Servini and had a wave from Wyn Evans who was busy presenting his radio show live! Pupils then had a presentation on apprenticeships at the BBC and individual conversations with a variety of staff on different career pathways. We would like to thank Careers Wales for helping us organise this event and look forward to working closely with all media industries as this sector continues to grow in Cardiff in the future.





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 Six

Welsh	Phonetic	English
Barod?	Baa-rod?	Ready?
Pob lwc!	Poor-b look!	Good luck!
Esgusodwch fi	Ess-giss-sod – ugh vee	Excuse me
Diolch yn fawr	Dee-ol-ugh un vow-r	Thank you very much
Faint o’r gloch ydy hi?	Vine-t orr glo-cch ud-ee hee?	What time is it?

willowswelsh@willows.cardiff.sch.uk

Community:

Friends of Willows:

The annual bus trip to Bath Christmas Market, organised by volunteer group Friends of Willows, is back.

The much-loved trip will be on Sunday 4th December with the coach leaving from Willows High School main entrance at 9am and returning for 7pm. Tickets cost £12 each (no profit is made – the cost just about covers the hire of the bus).

To book your space, e-mail friendsofwillowshigh@gmail.com



Payments can be made by BACS or cash. To book and for payment details, email friendsofwillowshigh@gmail.com



Health and Well-being:
Mo-vement (Men's Mental Health):

A letter from Mr. Batchelor:

Dear Men,
Although we are coming to the end of Movember, the work still goes on. Men still die too young by either committing suicide or completely curable cancers. From mental health to prostate and testicular cancer, there's is a simple solution to stop these needless deaths.... TALK.

Whether you're talking to your mates, partner, GP or bar person, taking to someone relieves stress and will get you on the road to recovery and treatment sooner.

All students will be given the same additional homework as well as the staff of Willows High School which will be to ask the men in their lives to talk and go to the doctors for a health MOT.

Stay strong men and remember that a real man talks.

Kindest regards,
The Mofather and MoBros

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 \(cavyoungwellbeing.wales\)](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):



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

World Cup Quiz:

This week's quiz is about the World Cup, please e-mail your answers to Mrs. Bubbins for a praise card and a treat:

1. Who has scored the most goals in a single World Cup tournament?

2. Who is the only player to have won the World Cup on three occasions?

3. Who has scored the most goals in World Cup tournament history?

4. Which host nation is the only side to be eliminated in the group stages?

5. Turkey's Hakan Sukur scored the quickest goal in World Cup history, in his country's match against South Korea in 2002. But how many seconds had passed?

6. Which city comes next in this list: Paris, Yokohama, Berlin, Johannesburg, Rio...?

7. Which nation comes next in this list: Croatia, Turkey, Germany, Germany, Netherlands...?

8. Who comes next in this list: Davor Suker, Ronaldo, Miroslav Klose, Thomas Muller, James Rodriguez...?

9. Who comes next in this list: Ronaldo, Oliver Kahn, Zinedine Zidane, Diego Forlan, Lionel Messi...?

10. Who comes next in this list: Aime Jacquet, Luiz Felipe Scolari, Marcello Lippi, Vicente del Bosque, Joachim Low...?

