




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

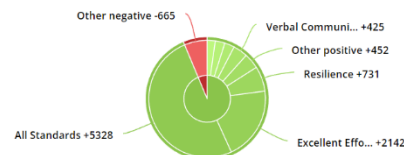
Weekly Newsletter – 28.10.22

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

Belong, Believe, Achieve:

At the end of a very busy half-term, we wish all members of our community a restful half-term. We encourage all of our pupils and their families to enjoy their Hallowe'en and Bonfire Night celebrations safely. Please respect your friends, neighbours and the community at large. We look forward to seeing you all back at school on **Monday 7th November 2022**.

Breakdown of the Week
 24/10/2022 - 27/10/2022



Merits – 21.10.22 – 27.10.22:

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	2910	7Hepworth	Raneen Omer
Year 8	1744	8Curie	Reyo Cook
Year 9	1668	9Farah	Alpha ILoke
Year 10	1887	10Wollstonecraft	Elyas Alansi, Rico James, Lexi O'Meara
Year 11	1654	11Novello	Rhianna Jones

Dates for your Diaries:

- Monday 31st October: Half Term Starts
- Monday 7th November: All pupils return to school

Community Half-Term Events:

- Free events available in all museums: [Welsh Museums Festival](#)
- Family Events at Railway Gardens - Nov 1st ('Soup, Stories and Craft') and Nov 3rd ('Creative Family Workshop').
- Free circus activities with 'No Fit State Circus,' for residents of Splott, Tremorfa and Adamsdown - every Sunday at 3pm in Brewery / Helen Park.

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:

Black History Month and Anti-Racism Group:

This week, we have continued to learn about influential ethnic minority figures during tutor time – these have ranged from Stormzy to Betty Campbell. Mr. Konten and Mr. Aideyan hosted an informative assembly on inspirational BAME figures in Cardiff based on their own experiences and perspectives. We are incredibly proud of the pupils who attended our first ‘Anti-Racism’ group. The group discussed definitions of racism and ways that we can respect one another’s cultures in school and beyond.



Enrichment:

Enrichment took a spooky twist this week as many of our groups embraced the Hallowe’en theme. Our jewellery makers enjoyed creating their own designs, both make-up classes used latex to create realistic horror looks and there were creepy crawly cakes in cookery! We think they’re all Willowstastic!



Willows PE:



Community:

We are proud of our mothers who have been taking part in our 'Mad Science' classes. This week, they visited Cardiff and the Vale College (CAVC) for a tour and to receive their student IDs. They were very excited to discover all the facilities that are now available to them as CAVC students and can't wait to sign up for the next course!

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 \(cavyoungwellbeing.wales\)](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):



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



CardiffMet

WIDENING ACCESS FOR ADULT LEARNERS

COURSE

**INTRODUCTION TO
PSYCHOLOGY COURSE
AT
WILLOWS HIGH
SCHOOL**

WHEN

EVERY Wednesday
11 Jan – 8 Feb 2023
9.30 – 11.30 am

Scan here:



www.CARDIFFMET.AC.UK/NONACCREDITEDCOURSES

*A taste of
Cardiff Met* ★

Come along and try
a **FREE COURSE**
from Cardiff
Metropolitan
University, right here
in your community.

For more information contact Widening
Access at Cardiff Metropolitan University.

Tel: 029 2020 1563
email: wideningaccess@cardiffmet.ac.uk
web: cardiffmet.ac.uk/wideningaccess

wideningaccess
 wideningaccess

REACHING WIDER | YMESTYN YN EHANGACH ★

Willows Learning Lounge will be running the following **free** one-day courses after half-term:

Tuesday 15th November – Food Safety

Tuesday 22nd November – Customer Service

Thursday 24th November – Manual Handling

Friday 2nd December – First Aid

All great courses to have on your CV, or if you'd just like to update your knowledge, please contact Sam on Samantha.watt@willows.cardiff.sch.uk
Or 07592 037937.

There has already been quite a lot of interest so don't put it off if you'd like to secure your place!



Kids Eat Free:

Asda cafe

The kind folks at Asda have announced you can feed the kids for £1 in half-term with no minimum adult spend! Tots under 18 months can slurp on a free Ella's Baby food pouch, while under-16s can enjoy a free meal at any time of day, seven days a week. In fact, this deal is set to continue until January, so it's a great option for half term and beyond!

Morrisons cafe

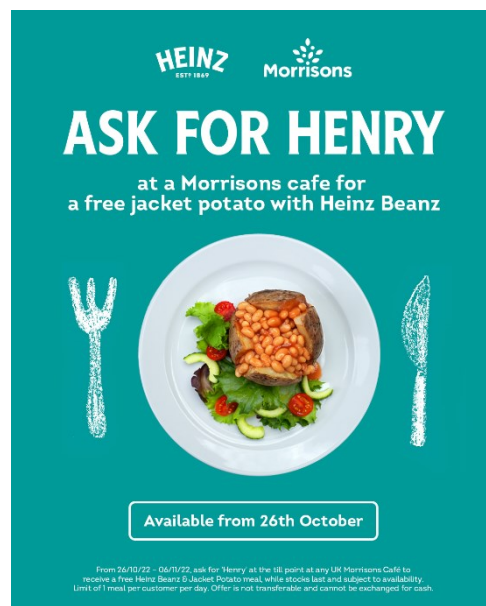
Kids under the age of 16 can tuck into a free Morrisons meal whenever an adult spends £4.99 in the cafe. Kids' free meals must be chosen from the customer cafe Kids Menu or the chilled kids snack pack.

Dunelm Pausa

Take a break from bedding and blinds and grab a bite at the Dunelm Pausa cafe. Kids can choose a mini-main, two snacks and a drink for free when accompanied by an adult spending £4. This offer runs from Monday to Friday from 3pm.

Tesco

Kids eat free this half term at all Tesco cafes. Parents just have to spend 60p to claim a free kids meal up to the value of £3.25. Every little helps! Clubcard needed!



The Lord Mayor of Cardiff's Charity 2022/23

Supporting Guide Dogs Cymru



Sight loss is something that people think will not happen to them, or they associate it with old age but:

- **1 in 5** people will live with significant sight loss in their lifetime.
- Every **six minutes** in the UK, one more person loses their sight.
- Every day **250** more people join the **2 million** already living with sight loss and this number is set to double by 2050.
- **Six million** people are estimated to be living with sight-threatening eye conditions.
- In 2022 nearly **100,000** people will be told they are losing their sight.
- There are **28,000** children (under 18) who are blind or partially sighted in the UK.
- Every day around **four** children in the UK are registered blind or partially sighted.
- **73%** of people with sight loss of working age are unemployed.

Guide dogs are literally life changers. They give people the confidence to be out and about as well as providing emotional support and company. The sad truth is that there are just not enough dogs to meet demand. There is no upper or minimum age for guide dog partnerships. In 2020 the youngest guide dog owner was 14 and the oldest was 97.

Despite providing such an essential service the vast majority of the income for Guide Dogs Cymru comes from voluntary fundraising and this is why we have chosen to support them this year. In order to remove worries about affordability and to make sure that no one is disadvantaged, Guide dogs are provided free of charge with all the costs of the dog covered from birth to retirement. This means everything - toys, food, vet bills, training, bedding, equipment. Sometimes people are able to help with the costs of their guide dog which is fully supported, but anyone who needs a dog is able to have one without the worry of affordability.

This is not cheap however – from birth to retirement it costs over £55,000 per dog to breed, train and support them. One person might have as many as 8 guide dogs in their lifetime bringing the total cost to around £450,000.

This an eye watering amount of money and we want to do our bit. We have seen first-hand what wonderful dogs these are. We have fostered them (26 in total) during their training and seen them graduate to be life changers.

Please support this wonderful cause if you can.

Graham and Anne Hinchey
Rt. Hon. Lord Mayor and Lady Mayoress of Cardiff



The Guide Dogs for the Blind Association is a company limited by guarantee and a registered charity in England and Wales (209617) and Scotland (SC038979) GD0640 05/22

The Lord Mayor of
Cardiff - Charity
Appeal 2022/23
supporting Guide
Dogs Cymru's
JustGiving Page



Scan me to
make a donation