




**BELONG, believe, ACHIEVE**  
**PERTHYN, CREDU, LLWYDDO**

 Use Google Translate to change to your preferred language.

**Weekly Newsletter – 02.12.22**

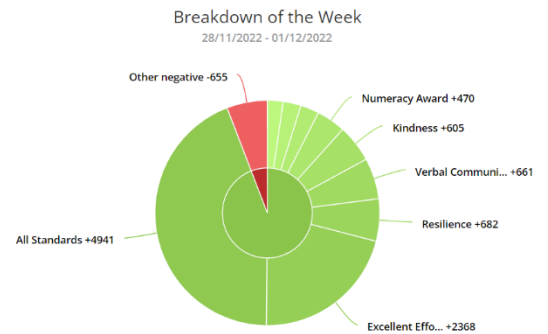
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

**Belong, Believe, Achieve:**

This week, Ms. Tomlinson has hosted our assemblies on ‘Toxic Relationships’ to encourage pupils to think about their interactions with friends and others. Pupils have learnt the difference between positive healthy interactions and negative unhealthy interactions. We hope that this inspires pupils to treat others with respect and kindness throughout their lives.

**Merits –25.11.22 – 01.12.22:**

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	2887	7Banksy	Chimamanda Obieze
Year 8	2009	8Curie	Olivia Farrugia
Year 9	2685	9Farah	Marwa Elmi
Year 10	1944	10Cavendish	Katiba Laksari and Lexi O’Meara
Year 11	1037	11Sutherland	Eldana Foto, Talal Obaed and Pashew Rafiq

**Dates for your Diary:**

- W/C 05.12.22 – Y7 Storey Arms trips and School French Trip
- 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 15<sup>th</sup> 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!

**School News:**

**Media Studies Trip to BBC Roath Lock:**

On Tuesday, a selection of Drama, English and Media Studies students visited BBC Roath Lock Studios in Cardiff Bay. The pupils had inspirational career talks from a variety of BBC staff including producers,

researchers and scriptwriters. 'It's My Shout,' a company who works hard to ensure Welsh youngsters are provided with opportunities in the film and television industry, gave a presentation and chatted to the group about their own career paths and ways they could start in the industry soon. The pupils were treated to a behind the scenes look of BBC's 'Casualty' and S4C's 'Pobol Y Cwm.' They provided many ideas to the staff on how both programmes could be improved to appeal to a younger target audience. After this initial meeting, the pupils are looking forward to working with the BBC on to further days to write script ideas for 'Casualty.' We are confident that there are many future Media stars in our midst.



**SEC Willows:**

Christmas is Coming!

The employees of @SECWillows have been working hard and our Christmas products are ready to purchase. As always, 100% of the profits go to the makers. To purchase our products you can email SEC@willows.cardiff.sch.uk for our special Willows catchment discount prices which includes free local delivery. Otherwise, if you would like to order products for further afield, please order through our online shop at www.secwillows.co.uk . You can even browse the other fab things that we are working on not only as part of SECWillows but also through Willows High School along with our story.

You can also come and visit us at the Depot Christmas Fair this Sunday 4th December, Williams Way, Curran Embankment from 10:30 till 16:00. Tickets can be booked online or just turn up.



**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 Seven**

Welsh	Phonetic	English
Da iawn	Dah yawn	Well done
Da iawn ti!	Dah yawn tee	Well done you
Ardderchog	Arr-their-cch-og	Excellent

Bendigedig	Ben-dee-ged-ig	Wonderful
Hyfryd	Huv – rid	Lovely

[willowswelsh@willows.cardiff.sch.uk](mailto:willowswelsh@willows.cardiff.sch.uk)

**Community:**

**Learning Lounge – Mad Science Course:**

A huge congratulations to the mums of Kye, Rhys and Theo who graduated the 10 week Mad Science course this week and received their certificates from Mr. Norman.

We're really glad to hear they're coming back to take the Mathematics course in the New Year!



**Railway Gardens Community Christmas Fair:**

Here is a message from Hannah at Railway Gardens:

Our [Community Christmas Fair](#) in Splott is just ten days away on December 10th - it's shaping up to be a really great day! We've got a lot planned, from circus and storytelling to choirs, crafts, and food as well as a local makers market and a toy, book and board game exchange. We'd love to see you there!

The event is free to come in, there will be warm and low cost food and drinks available from Things on Toast, the Library of Things will be open for borrowing, and visitors can pick up free children's toys and books as well as free trees, so we hope to offer a fun and welcoming afternoon without the need to spend money.

For more information, follow this link: [Green Squirrel » ❄️ Let it Splo, let it Splo, let it Splo ❄️ – the Railway Gardens Christmas Fair is BACK!](#)

**Citizens' Advice Bureau at Willows:**

A reminder that members of our community can make appointments with staff from the Citizens' Advice Bureau at our Learning Lounge. They can provide advice of a range of topics such as housing, benefits and legal matters. To make an appointment, please e-mail Lewin Thomas on [Lewin.Thomas@willows.cardiff.sch.uk](mailto:Lewin.Thomas@willows.cardiff.sch.uk)

## **Health and Well-being:**

### **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  
EMOTIONAL YOUR BODY  
WELLBEING DRUGS  
FEELING SAD OR ANGRY  
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've received your text. Texts will not be sent 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 SMS picture messages. We support messaging from UK mobile numbers only (text-only) and 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 school's 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 contact Karen Goodfellow (in confidence on 02920 414243 or using [contact@willows.cardiff.sch.uk](mailto:contact@willows.cardiff.sch.uk))

### **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](mailto: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



**Congratulations to Hope Allen, Talal Obaed and Noah Roberts for their correct entries in last week's 'World Cup Quiz.' Why not enter our General Knowledge quiz below for a chance to win a praise card and a treat. E-mail your entries to Mrs. Bubbins.**

### General Knowledge Quiz:

1. What is the name of the princess in 'Sleeping Beauty'?
2. In which language does 'Bonjour' mean hello?
3. What are the four last teeth to grow called?
4. Which sprouts are named after the Belgian capital?
5. Which country was Cleopatra the ruler of?
6. When is Bonfire night in the UK?
7. Which three colours are on the flag of Italy?
8. What is the largest continent on Earth?



# CHRISTMAS FUN

Call out to  
Care experienced Children and  
Young People Aged 11+  
Saturday 10th December 2022  
Techniquest  
Stuart Street Cardiff CF10 5BW  
12.00pm until 5pm

Have your say and make a  
difference! Join us for our  
Creative Festive Arts &  
Crafts Day where you can  
learn something new,  
meet new people and  
enjoy some tasty food!



Discover  
something new at  
Wales' largest science  
discovery centre

**Register your attendance by 7th December email:**

**[spencer.silva@nyas.net](mailto:spencer.silva@nyas.net)**

**07840845447**

## What to do if you're unhappy

We hope that your child likes coming to the NSPCC and finds it helpful.

Our Letting the Future In workers will try to help in a way that feels OK for you. If you're worried about something it's best to talk to the person who's working with your child – they'll listen and try to sort things out quickly. If you're still unhappy tell the person you spoke to and they'll arrange for you to see their manager. We will do all we can to put things right as soon as possible.

## Who we are

We're the only charity fighting to end child abuse in the UK and Channel Islands. We help children who've been abused to rebuild their lives, we protect children at risk, and we find the best ways of preventing child abuse from ever happening.



TO FIND OUT MORE  
VISIT [NSPCC.ORG.UK](https://www.nspcc.org.uk)



A GUIDE FOR  
PARENTS AND CARERS

# Letting the Future In

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We have many different projects across the country that support children and families. This leaflet tells you about our Letting the Future In (LTFI) service and what you and your child can expect.

### What is Letting the Future In?

Letting the Future In provides children and young people who have been sexually abused with the therapy they need to help them recover.

Sexual abuse can affect children and young people in all kinds of ways. Many have told us they feel confused and upset about what's happened to them. But they also told us that having the chance to talk about their feelings really helps.

We also know that parents and carers can play an important role in helping their child overcome the effects of sexual abuse.

We'll provide you with individual support and some joint sessions with your child. For most families, this lasts about a year.

### What happens when my child comes to the NSPCC?

During the first few sessions a Letting the Future In worker will get to know your child and work out how best to help them. They'll also meet with you separately to talk about what you think the problems are.

After three to six sessions you and your child will meet with the worker together. Together, we'll decide if your child needs continued support and what we should focus on during our sessions. After that

there will be regular reviews so you can talk about how your child is progressing. It also gives you the chance to ask any questions you might have.

### What will happen in the sessions?

Your child's worker will use a wide range of approaches, including counselling, art and play therapy techniques. Your child will do things like messy play, writing, painting and storytelling to express their feelings.

### Will my child have to talk about what happened?

Many children and young people don't want to talk in detail about what happened to them. Instead they talk to us about the effect abuse had on them and how it's making them feel. Your child doesn't have to talk about anything they don't feel comfortable with.



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### Will I know what my child's been talking about in their sessions?

Your child's worker will treat everything your child talks about in their sessions in confidence. However, if your child tells their worker something that suggests they, or anyone else, is at risk this will be passed on.

You might find that your child doesn't want to talk with you about what happened during their sessions. If this is the case, try not to worry. It's important that you respect their feelings. You'll have the opportunity during the review sessions to hear about their progress and there will be an agreement about confidentiality made between your child and their worker.

#### How we use play

##### What is play?

During your child's sessions we use therapeutic techniques and different types of play therapy to help them to overcome trauma, such as abuse. Play involves different activities, like art, imaginative play, music, and writing.

##### Why play?

Talking about abuse can be very difficult. Play therapy is a safe way for children to explore their experiences without reliving trauma.

##### How does it help?

Your child's worker creates a positive and hopeful atmosphere where children can recover at their own pace. Over time, children feel less afraid, more able to cope, and hopeful for the future.

Two colorful pens, one purple and one green, are positioned diagonally in the bottom right corner of the page.



RECOMMENDED BY  
NATIONAL INSTITUTE  
FOR HEALTH  
AND CARE  
EXCELLENCE (NICE)

# NSPCC



## Letting the Future In

### Helping children to recover after sexual abuse

Every child who has experienced sexual abuse is affected differently – for some the impact is short term, but for others it has a long term and damaging impact. It can derail a child's development, ruin their childhood and lead to problems lasting into adulthood.

There is currently a significant gap in the provision of therapeutic services for children and young people who have experienced sexual abuse in all its forms, including online abuse and child sexual exploitation. This means that some children will not be able to get the support they may need at a time when they need it most. Letting the Future in can help fill that gap.

#### What is Letting the Future In?

Letting the Future In is a therapeutic recovery service designed by the NSPCC for children aged 4 to 17 years who have been sexually abused. It is delivered by a trained social worker or therapist and uses a range of creative therapy approaches to help children and young people express themselves.

**We continue to deliver Letting the Future In in some of our service centres but we want more children and young people to be able to benefit from the service than just those we work with. If you're**

**involved in commissioning or you directly deliver services for children, we can provide training and support to your local teams to help you implement and deliver the service yourselves in your area.**

#### How does Letting the Future In work?

Following an initial assessment period with the child and parents or carer, those referred to Letting the Future In meet with the trained social worker or therapist for three or four weekly sessions to get an understanding of the child's needs. Children can then be offered up to 24 sessions. The parent or carer is offered up to eight individual sessions, as well as joint sessions with the child towards the end of the programme, to ensure they can play a role in helping their child recover.

Letting the Future In relies on the skills and knowledge of the social worker or therapist to develop a therapeutic relationship with the child or young person that supports them to share how they are feeling. During the sessions they use a range of approaches, including talking, playing and creative activities such as painting, drawing or storytelling to help children and young people express themselves.

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

## Proven positive results

Letting the Future In is the only intervention of its kind that has a robust evidence base and proven positive outcomes. The service was evaluated in collaboration with the Universities of Bristol and Durham in the largest multi-site randomised control trial in the world for a sexual abuse intervention. The evaluation (Carpenter et al, 2016) found that:

- almost three-quarters (73%) of children aged 8 and over who completed six months of Letting the Future In had severe emotional difficulties at the start. After six months this dropped to less than half (46%). This compared with no significant change in the control group, which indicates that the positive outcomes were a result of receiving the service
- positive results were also found for younger children after twelve months of intervention.

## Benefits for you and the children you work with

Letting the Future In can benefit you or your commissioner in a number of ways. It:

- can provide you with the confidence and assurance that you are delivering a robust, evidence-based service, recommended by the National Institute for Health and Care Excellence (NICE)
- is a cost-effective solution, with an average cost of £2,300 per case (Carpenter et al, 2016) compared to an average case for Child and Adolescent Mental Health Teams of almost £5,000 (PSSRU, University of Kent, 2012)
- can be delivered by therapists or social care professionals who receive additional training, allowing for children and young people to receive the support they need without having to be escalated to services at a higher threshold.

## Implementation support package

We recognise that implementing a new service and ensuring sustained delivery of that service is often difficult to achieve. Our comprehensive implementation support package helps our partners to plan for and adapt the model to meet their own needs, while ensuring they can be confident the service achieves its stated outcomes for children and young people. It includes:

- a licence to deliver the service in accordance with the model but with the flexibility to meet local needs and practice
- pre-implementation support to assess readiness and understand training needs
- pre-training workshop for senior managers to work with you to identify how you can make the most of the service and establish methods for on-going evaluation of outcomes
- a bespoke individual needs-assessed training programme
- invitations to participate in regular NSPCC-facilitated community of practice forums to share learning and troubleshoot challenges together with other organisations delivering Letting the Future In.



For more information, please email [lettingthefuturein@nspcc.org.uk](mailto:lettingthefuturein@nspcc.org.uk)

Letting the Future In is just one of a range of services and tools the NSPCC is helping others to adopt, implement and deliver.

Find out more at: [nspcc.org.uk/scale-up](https://nspcc.org.uk/scale-up).



**NSPCC**  
Learning

**Domestic  
Abuse  
Recovering  
Together (DART)**

Information for Professionals

Helping children and families recover  
from domestic abuse.

# How it works

**DART is a 10-week programme that helps mothers and children strengthen their relationship following domestic abuse.**

## Who's it for?

DART is for mothers and children (aged 7-14) who've experienced domestic abuse. Over a 10-week programme, they explore their issues within a safe and friendly environment, promoting openness and honesty.

This programme is designed for one mum and one child per family. But if they have more than one child, you may invite them to complete the programme with the other children at a later time.

## What are the goals of a DART group?

We'll help mothers and children:

- ▶ understand what domestic abuse is
- ▶ learn how to talk about domestic abuse
- ▶ express their feelings in healthy ways
- ▶ know they are not to blame
- ▶ identify protection strategies
- ▶ build their confidence and self-esteem.

**“We know that mums find the group process empowering, and that children learn abuse is not their fault.”**

Ahmed, DART practitioner



## What happens at DART?

Mothers and children work together for an hour at the start of the group then take part in activities in separate groups. At the end of each session, they join each other again.

## Children will:

- meet other children who have lived with domestic abuse
- talk about what has happened to them and their family
- tell us how they are feeling
- learn about who can help to keep them safe
- learn more about domestic abuse.

## Mothers will:

- meet other mothers who have lived with domestic abuse
- share their experiences
- talk about their feelings
- learn more about domestic abuse – why and how it happens, and how it affects children
- talk about and explore strategies that they can use as a parent.

## Together, families will:

- share their experiences
- build on communication
- share what they have learned.

# NSPCC 'Learning'

## Remember these selection criteria

- ▶ Children must be aged 7-14.
- ▶ The programme works with one mother and one child at a time. If there is more than one child, you could ask the mother if she'd like to work through the programme again at a later stage with the other children.
- ▶ The perpetrator of domestic abuse must not be living within the family home, and must no longer be in a relationship with the mother. This is because it's important that mothers and their children feel safe enough to take part in the programme.

## Get in touch

If you know a family who could benefit from attending DART, or for more information, contact:



# NSPCC Pregnancy in Mind

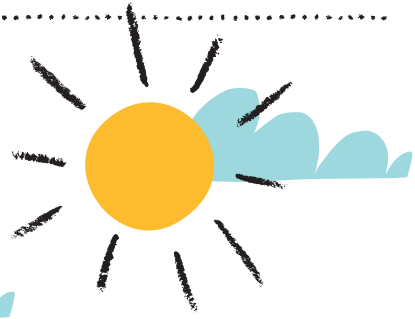
HELPING DADS AND MUMS WITH THE  
UPS AND DOWNS OF HAVING A BABY

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Becoming a new parent is a time of change. You might feel stressed or alone, or maybe something just doesn't feel right. But you don't have to go through this alone. We can help.

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**





## GET IN TOUCH

**If you'd like to find out more about Pregnancy in Mind please contact a member of the team at our Cardiff Service Centre Tel: 02920 108 080**

### **What's it all about?**

Pregnancy in Mind is a chance for parents-to-be who have low-level depression and anxiety to gain support and learn self-help techniques to help them through their pregnancy.

### **What to expect**

Parents-to-be will learn strategies based on evidenced-based approaches in a friendly and warm environment. They'll be able to meet other parents-to-be and get support. They'll also learn ways to relax and handle the ups and downs of pregnancy.

### **Who's it for?**

This programme is for parents-to-be who are 12-26 weeks pregnant and known to have past or current episodes of low-level depression and anxiety. It's open to mums-to-be and dads-to-be, whether in a couple or on their own. They may be expecting their first or subsequent babies.

