




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

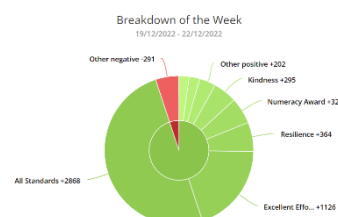
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**Weekly Newsletter – 22.12.22**

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

**Belong, Believe, Achieve:**

This week we have enjoyed celebrating achievements with our rewards trips and assemblies. We are very proud of our pupils for their hard work and effort this term and we are looking forward to building on these successes in January. Thank you to our hard working staff, external partners, governors and parents for their ongoing support.



**Merits – 17.12.22 – 22.12.22:**

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	1691	7MA	Caitlyn Lynas
Year 8	744	8CU	Eric Xu and Muhammad Mutairu
Year 9	1307	9MC	Falah Alajmi
Year 10	724	10PL	Katiba Laksari
Year 11	969	11SC	Thabo Mhlanga

**Dates for your Diary:**

- 09.01.23 – Spring Term starts
- 16.01.23 – INSET Day

**School News:**

**Quantum Theatre Performance of 'A Christmas Carol' for Y9:**

Building on their reading of *Last of the Spirits* in tutor time this term, yesterday, Y9 were treated to a full production of Charles Dickens' *A Christmas Carol* by Quantum Theatre. The performance was fantastic and its audience positively Willows-tastic. The cast commented on what a pleasure it was to return to Willows and once again be greeted by such a warm and enthusiastic response from our pupils. Kudos to Caramo, who led a round of brilliant questions from many of our wonderful pupils. We're so pleased to be able to offer these rich cultural experiences and look forward to many more!



**Journalism Enrichment:**

Please find attached to the newsletter the first edition of The Willows Word, on behalf of the Journalism Enrichment class. Readers should view this in slideshow mode. Well done to all those involved!

**Books for Christmas:**

It is our seventh year of distributing books for Christmas amongst members of our community. Reading is vital for our pupils' development. We know that reading regularly at home boosts empathy, kindness, mental health and GCSE grades. We hope that all of our pupils enjoy regular reading over Christmas and that they are encouraged to do this as much as possible by parents. Remember 'words give us power!'



**Y9 STEM Workshops with Cardiff University:**

All Year 9 pupils were very fortunate to attend a STEM workshop run by staff and PhD students from the chemistry department of Cardiff University. They worked on a cross-curricular theme from chemistry and physics, studying hydrogen fuel cells which is part of the GCSE curriculum. They split water to create hydrogen which fuelled small electrical motors and powered a train around a track. They studied the chemical and energy changes involved and looked into this technology as a renewable energy source. We look forward to welcoming the STEM Team back in 2023 for further workshops with other year groups.

**Rewards Assemblies:**

This week we have celebrated all of the excellent achievements of our pupils this term. Year 7 Rewards assemblies have contained musical numbers and plenty of cheer. We would like to thank parents for supporting this event. We hope that your child has settled well at Willows High School.

Years 8 – 10 have also had plenty to celebrate. Certificates have been awarded for a variety of achievements including character, kindness and leadership as well as academic results. We are confident that we are helping to shape educated, informed citizens of Wales and the wider world. Please congratulate your child at home too.



**Rewards Trips:**

Congratulations to our top merit winners who had a great day bowling, eating and watching films with their Heads of Year! We are super proud of how ‘Willowstastic’ you all are!



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



**Welsh Terms of the Week**

**Week Ten**

<b>Welsh</b>	<b>Phonetic</b>	<b>English</b>
Sut wyt ti?	Sit oyt tee	How are you?
Da iawn, diolch	Dah yawn, dee-olch	Very well, thank you
Gweddol	Gw-edd-ol	So-so
Wedi blino	Wed-ee bleen-oh	Tired
Ofnadwy	Ov-nad-oy	Awful

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

**Community:**

**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:**

**Safeguarding:**

A reminder that the school safeguarding lead is Danielle MacKintosh. If you are worried or concerned about a child and any time (including over the holidays) then please e-mail her on

[Danielle.MacKintosh@willows.cardiff.sch.uk](mailto:Danielle.MacKintosh@willows.cardiff.sch.uk) If you are a pupil that needs help, please also contact Danielle via this e-mail address.

### **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 conversation: 'Text anytime...', 'We reply Mon - Fri 8.30am until 4.30pm', and 'We help young people with all kinds of things like...'. To the right, a list of issues is presented in colorful, bold text: BULLYING, SMOKING, EMOTIONAL WELLBEING, FEELING SAD OR ANGRY, STRESS, HEALTHY EATING CHANGES TO YOUR BODY, DRUGS, ALCOHOL, and RELATIONSHIPS. Logos for ChatHealth, GIG NHS, and Cardiff Health Partnership are at the top. A small disclaimer at the bottom reads: '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, look 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 (with 0800 not included messages sent from landline, international mobile numbers, and some number masking mobile apps). Please respect 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 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](mailto:Kelly.Bubbins@willows.cardiff.sch.uk) if you need feminine hygiene products and we'll do our best to help.

**Diolch:**

Nadolig Llawen! We wish all members of our community a very merry Christmas! We hope that you enjoy yourselves and come back well rested and ready for the next term, starting on January 9<sup>th</sup> 2023.

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**



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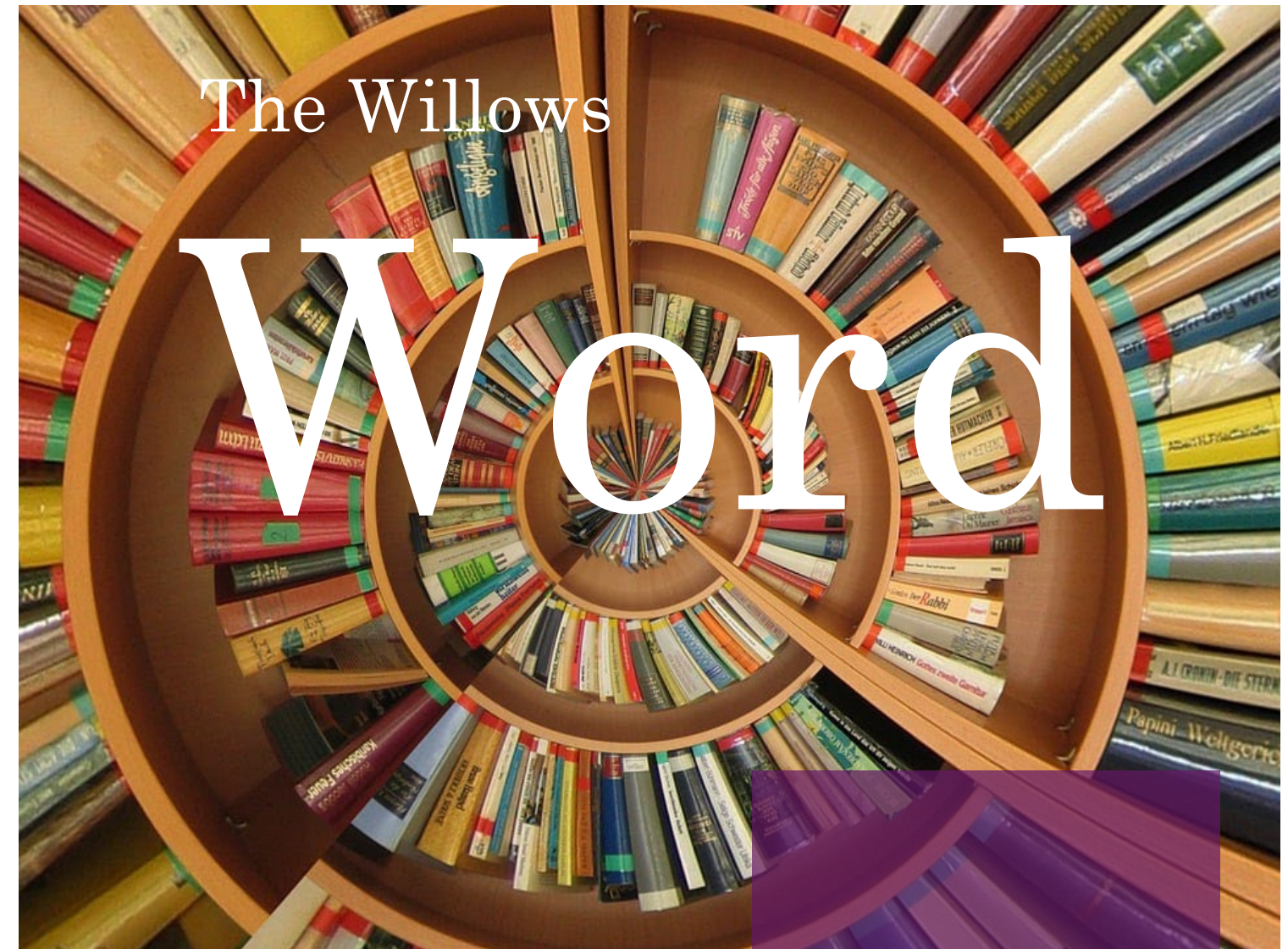
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1<sup>st</sup> Edition

DECEMBER 2022

# The Word

Autumn Term 2022

## From the Editor

Introducing the very first edition of the Willows Word. This is a special something from the pupils to the pupils. As it was running up to the Christmas holidays, we wanted to make something to fit the festive mood. As a result, this is mostly fun, but we felt it important to add our feature article that has a bit more bite to it. We wanted to create something that we knew the pupils would enjoy; so here it is, The Willows Word!

Jessica De Oliveira

“Words give us  
power”  
Willows Literacy



- Financial Downfall*

Confused and worried about the financial crisis? Don't panic! Here's how you can help out this holiday.
- Books, Movie and Treats*

We've lined up the best recommendations for your holiday reading and viewing, plus a recipe for festive snacks.
- The Christmas Quiz*

Thought you knew all about Christmas? Think again! Here's the definitive quiz to get your facts straight.



Christmas can put a lot of extra strain on parents

So how did she manage to create such mayhem? Well (on the back of Brexit, and spending for Covid and the War in Ukraine) she managed to make major financial markets across the world lose faith in our economy by promising to give everyone tax breaks that would land us in billions of pounds of debt for the foreseeable future. This has effectively made the pound weak, driven up costs and made everyone's money tighter. But don't panic – there are things that you can do to make the situation better. Here are just a few.

### Tips for making and saving money this holiday



# 1 Financial downfall

Ignas and Finley explain what's going on with the country's economy.

The UK has plummeted into a tragic money crisis and on the news it shows a lot of scary information which may come as shock to everyone around the UK. In this article I will inform you all about how to help your family with the money problems so you can still get your Christmas/birthday/holiday presents and keep your parents from stressing.

If you do not know much about politics or do not care about it, I will give a quick rundown of what you need to know. After Boris Johnson left office, Liz Truss took over from him; however, it did not go to plan, and she struck the whole of the UK with a tragic financial downfall (leaving the pound to be worth less than the dollar even though a few months beforehand the pound was worth more than the dollar). After only 7 weeks (about 1 and a half months) in power she was voted out, leaving her the shortest serving Prime Minister ever.

- ❑ Selling stuff: sell clothes that are too small for you or other things you do not like; sell them on eBay or any other website so you can make that extra money to give to your parents.
- ❑ Hold back on the electricity: when you are not home or going to sleep, turn off all electrical devices and unplug them. This has been proven to save money on your energy bills.
- ❑ Babysit: Teens or even parents can take up a babysitting job over the holidays, which in some circumstances can pay out very well, leaving you with that extra bit of money which you can then save.
- ❑ Ask for less: you know you'll get more when times aren't so tight!



Here are our recommendations for holiday reading that you won't want to put down:

Yr7s and Yr8s:

- 1.) Wonder- R.J. Palacio
- 2.) The Boy in the Striped Pyjamas- John Boyne
- 3.) The Dork Diaries- Rachel Renee Russell
- 4.) 5 Feet Apart- Rachel Lipincott
- 5.) Percy Jackson- Rick Riordan

Yr9s and 10s:

- 1.) Little Women – Louisa May Alcott
- 2.) The Girls I've Been – Tess Sharpe
- 3.) Double Cross - Ben Macintyre
- 4.) Demigods and Monsters – Rick Riordan
- 5.) All the Bright Places – Jennifer Niven

Yr11s:

- 1.) Diary of Anne Frank- Anne Frank
- 2.) Skinny – Ibi Kaslik
- 3.) The Seven Husbands of Evelyn Hugo – Taylor Jenkins Reid
- 4.) Noughts and Crosses – Malorie Blackman
- 5.) The Count of Monte Cristo – Alexandre Dumas

Top 3 Xmas books:

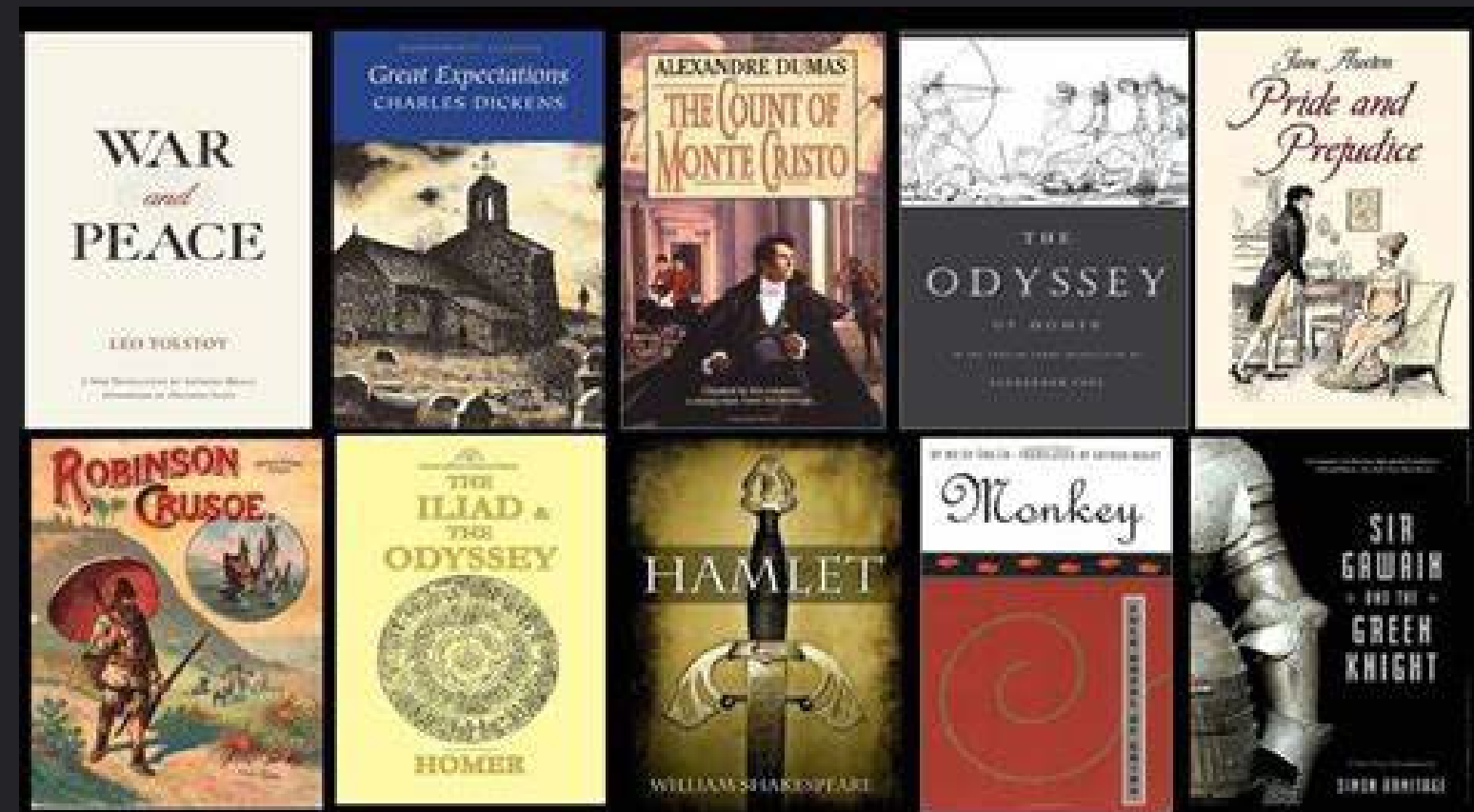
- 1.) A Boy Called Christmas- Matt Haig
- 2.) Mr. Dickens and his Carol – Samantha Silva
- 3.) A Christmas Memory – Truman Capote

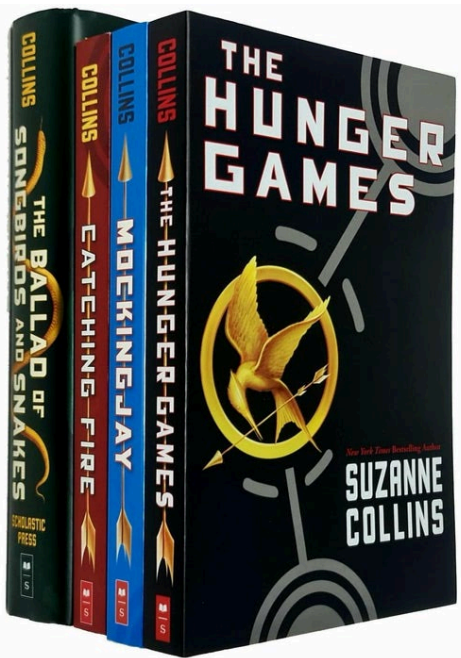
## 2 | Let's talk books!

By Chenae and Jess

Are you really depending on Tik Tok and Instagram to keep you entertained for the holidays? Try reading! It's beneficial in so many ways: not only will you have a higher vocabulary for life, but you'll also have higher self-efficacy (meaning that you'll start believing and trusting that you can do something more). Just imagine - your exams will be a piece of cake!

### Top 10 most read books of all time:





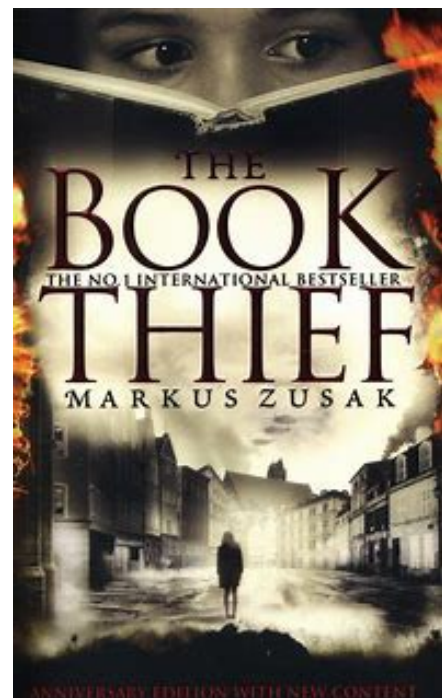
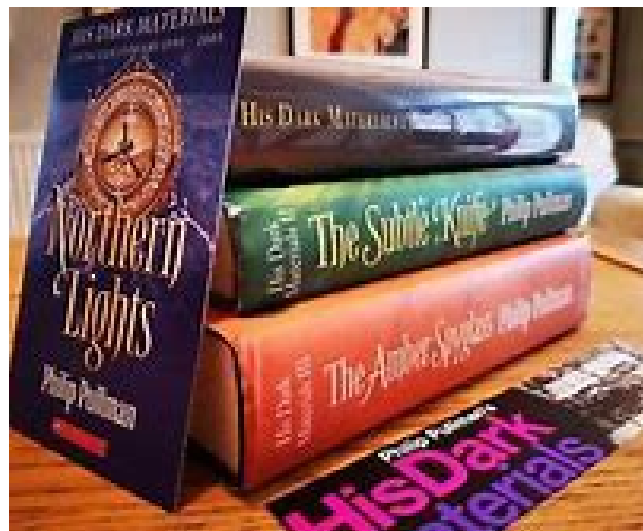
“I would recommend The Hunger Games trilogy to any teenager keen to pick up a book. I read them as an adult when the first film was released and thoroughly enjoyed them.”- Mr Grainger

## 2 | Let's talk books! Continued...

By Chenae and Jess

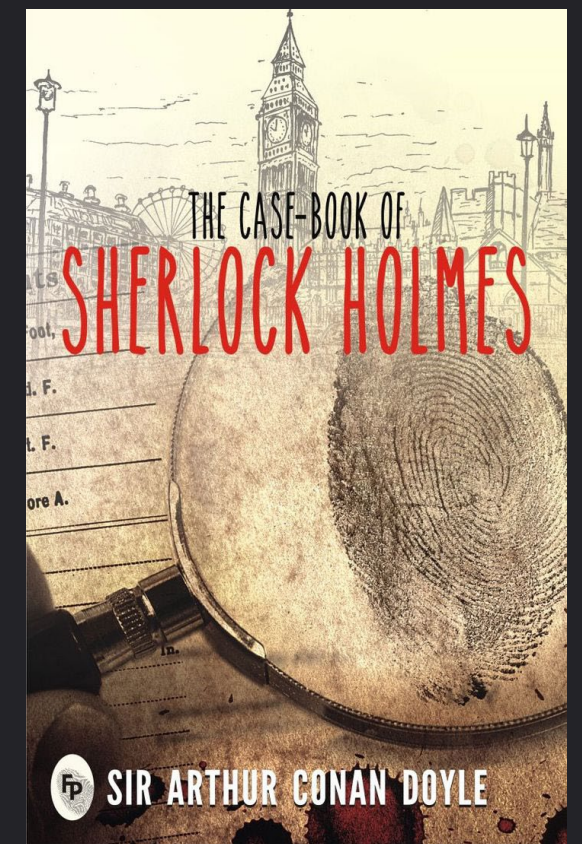
As we've got lots of staff who love reading, we asked some of our teachers for their recommendations for what we should read over the holidays. Here's what they had to say!

“I would recommend 'His Dark Materials' By Philip Pullman. I read them a few years ago - great escapism.”  
-Mr Lo Celso



“For year 10 and above, I would recommend “The Book Thief”. It is a beautiful story about a young girl in WW2. Her story is told by the voice of death, which adds to the emotional storyline.” - Miss Smith

“For years 7-10, I would recommend “The Sherlock Holmes Mysteries” by Sir Arthur Conan Doyle. They are cleverly written, with intricate plots and twists and turns that will keep you guessing until the very end!” - Mrs Bubbins



***“Every Child wants one Christmas wish – to star in the nativity!”***



### 3 | **Top 5 Christmas movies**

By Grace

**Christmas is just around the corner and it's officially time to get in the Christmas spirit. Even if you don't celebrate Christmas you can't deny you love the feeling of it. Here are some of the best Christmas movies to get you into the festive mood.**



***“Cheer up, dude. It's Christmas.”***  
— The Grinch

***“You can mess with a lot of things. But you can't mess with kids on Christmas.”***

— Kevin



#### 1. Nativity

A primary school teacher that hates Christmas is now in charge of putting on the school's nativity play, which is known for going wrong! When put under pressure he talks about Hollywood turning it into a movie.

#### 2 Home alone

When his family accidently leave him home alone, and the neighbourhood burglars try to break in, Kevin Mcallister has no choice but to protect his family's house.

#### 3. ELF

Buddy, the human elf, travels in from the North Pole to New York in hope of finding his dad - who has no idea that Buddy even exists!

#### 4. The Grinch

People know him as the Grinch because he's the only person in town that doesn't like Christmas. One day he gets so fed up, he decides to ruin Christmas for Whoville.

#### 5.The Christmas Chronicles

When Kate and Teddy try to catch Santa Claus on Christmas Eve and the plan goes wrong, they end up teaming up with Santa and help him to save Christmas.

## Ingredients:

- 225g plain flour, extra for dusting.
- ½ tsp salt.
- 2 tsp bicarbonate of soda.
- 1 heaped tsp ground ginger.
- ½ tsp cinnamon.
- 50g unsalted butter.
- 100g soft brown sugar.
- 100g golden syrup.



## Equipment:

- Parchment paper
- Sieve
- Rolling pin
- Gingerbread cutter
- Large bowl
- Spoon
- Baking tray



## Method – Step 1

Heat oven to 190C/170C fan/ gas 5 and line a baking tray with baking parchment.

- Sieve the flour, salt, bicarb, ginger, and cinnamon into a large bowl.
- Heat the butter, syrup, and sugar until all dissolved.
- Leave the sugar mixture to cool slightly, then mix into the dry ingredients to form dough.
- Chill in the fridge for 30 mins.

# 5 | Favourite Festive Recipes! By Amy

## Gingerbread Men

Christmas is almost here so it is time to get into the festivities by doing some Christmas baking! Here is a delicious recipe for Gingerbread Men, perfect for Christmas or any other celebration/occasion.

## Step 2-

- On a surface lightly dusted with flour, roll out the dough to a ¼ inch thickness.
- Stamp out the gingerbread men shapes with a cutter then re-roll any off-cuts (leftovers) and repeat.
- Place your gingerbread shapes on a lined tray,

allowing space for them to spread out.

- Cook for 10-15 minutes.
- Remove them from the oven and leave them to cool.
- Once cooled decorate (optional) and enjoy

Enjoy!



“

"The best way to spread Christmas cheer is sing it loud for all to hear"

”

## 4 | The Christmas Quiz

By Sophie Stapleton

Christmas is right around the corner, so those who celebrate it may currently be crossing their fingers for things they may have asked Santa for. Yet, most don't exactly know the history of Christmas, so here are some questions for you to test your festive knowledge on!

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### Question 1

What are the names of all Santa's reindeers?

### Question 2

Who made Christmas trees popular?

### Question 3

Who invented Christmas crackers?

### Question 4

What year was Christmas banned in the UK?

### Question 5

Who created the first Christmas card?

### Question 6

What year was the first Christmas card made?

### Question 7

What did they call Santa elsewhere in the world?

### Bonus!

Do you celebrate Christmas? If not what do you celebrate and why? Send yours in for next term's publication.

Answers on back page

### Question 8

What is the most viewed Christmas movie?

### Question 9

What is the main meal eaten at Christmas?

### Question 10

What should you leave out for Santa and his reindeers?



## The Christmas Quiz Answers:

1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen (and, of course, Rudolph The Red Nosed Reindeer).
2. Prince Albert (husband of Queen Victoria).
3. London confectioner, Tom Smith in 1847.
4. 1647 when the Parliamentarians gained the upper hand against the Royalists in the Civil War.
5. Civil Servant and Entrepreneur, Henry Cole (and one just sold for £25,000! )
6. 1843!
7. St Nicholas, Sinterklass, Kris Kringle, Pere Noel and Babba Natale.
8. Home Alone.
9. Turkey roast dinner with all the trimmings!
10. A glass of milk or brandy, a mince pie and maybe some hay...



## The Word

Budding journalists wanted for next term's edition!

Suggestions for articles welcomed.