 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 27.01.23

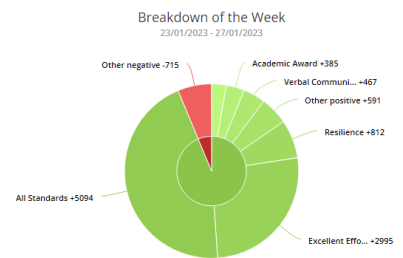
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Belong, Believe, Achieve:

This week Mr. Thomas has delivered some important assemblies on the topic of mental health. Good mental health is vital for all of us and as school we want to support our students as much as possible. Please reach out to a teacher or member of staff for help if you feel your mental health is suffering.

Merits – 20.01.23 – 26.01.23:

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	3374	7Dali	Alaa Laksari
Year 8	2074	8Curie	Ariana Nikoonamrad
Year 9	2565	9Farah	Zyad Mohamed
Year 10	1265	10Attfield	Catrin Saunders
Year 11	1246	11Schumann	Joel Hill

Dates for your Diary:

- 01.02.23** – School closed due to industrial action
- 02.02.23 9.30am – 10.30pm** Parent Coffee and Tea Morning in the Learning Lounge
- w/c 27.03.23** – Y11 GCSE Speaking and Listening Assessments



School News:

The U13 Cardiff & Vale Sportshall Athletics Championships

On Wednesday 25th January a group of Year 7 and 8 athletes competed in the U13 Girls Cardiff & the Vale Schools Athletics Sportshall Championships. Each athlete competed in three events of their choice from running, to jumping and throwing. The pick of the performances was Sienna and Amelia Robinson who showed their strength, power and competitive edge to come 3rd and 5th respectively in the shot put. Twin rivalry and competitiveness added that extra spice with Amelia throwing 5.90metres and Sienna just edging it with a throw of 6.15metres. Both girls show genuine athletic potential.

A big well done to the rest of the team who have gained valuable competition experience going into the summer athletics programme. The other pupils who represented Willows with pride were Violet Neale, Alyssa-Mae Osbourne, Raneem Omer, Alexa Bonetto-Jones, Ariana and Kiana Nikoonamrad. We all look forward to the next opportunity, and thank Mr Osland for his help and coaching.



Eisteddfod work out

In the run up to the school Eisteddfod all Subjects are holding competitions, the winners of which will be announced on the day.

As part of the P.E. competition, our 8CU & 8GO girls smashed the 2023 Eisteddfod Workout!

Year Reading Club

We had an amazing turn out for Year 7 Reading Club with students lining up to start! Students completed some amazing vocabulary work during the session.

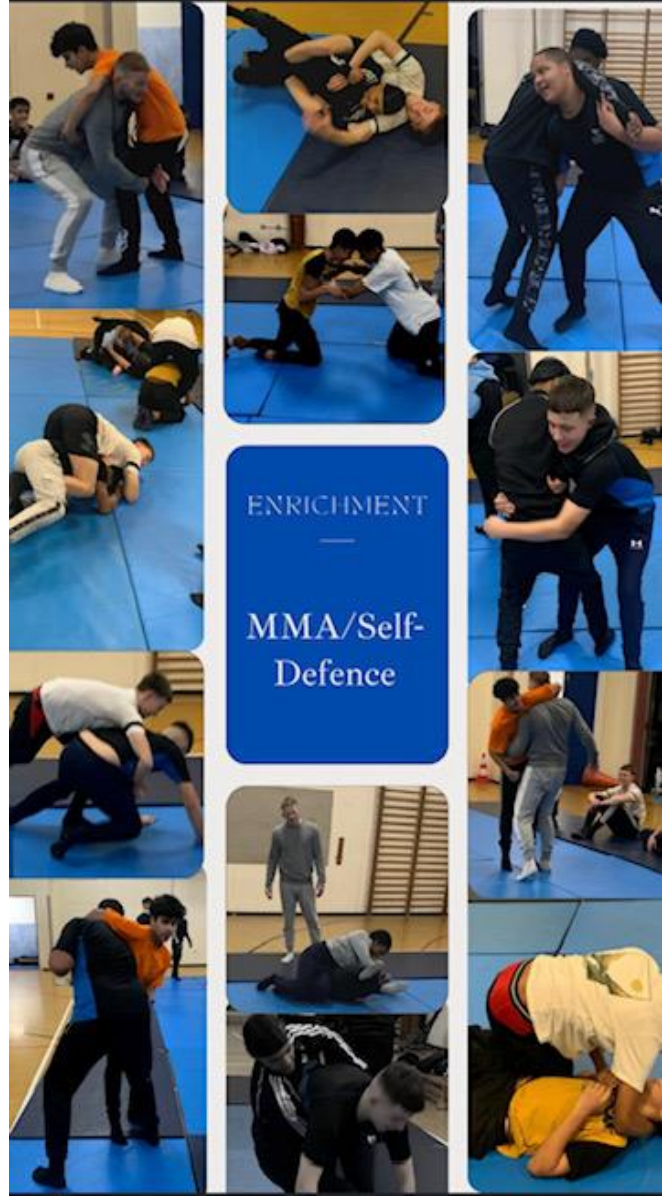


Enrichment

Pupils thoroughly enjoying their Enrichment this week! Boulders, MMA/Self-Defence, PT/Gym and working with the little ones at Flying Start. Just a snippet of the many activities available for our pupils.



The opportunities provided by our amazing staff at Willows, who go above and beyond to make make this Enrichment a success, is astonishing. It is a real team effort and our pupils absolutely love it.'



Welsh Terms of the Week

Week Twelve

Welsh	Phonetic	English
Fi	Vee	Me
Ti	Tee	You
E	Air	Him / he
Hi	He	She / her
Ni	Knee	Us
Chi	Ch-eee	You (plural 2+)
Nhw	Noo	Them / They
Mam	Mam	Mum
Tad	Tarred	Dad
Brawd	Br-aw-ed	Brother
Chwaer	Ch-wire	Sister
Ffrind	Fr-ind.	Friend

willowswelsh@willows.cardiff.sch.uk

Willows Welsh

Attendance News

Donna Whitney has now joined the Attendance Team. She has taken over Kayleigh's role as the Assistant Attendance Officer at Willows High School. Donna will be working with **Year 7, Year 10 and the first half of Year 11**.

You can call, message, WhatsApp or email her directly to report your child's absence on:

Mobile number: 07592 040968 Email: donna.whitney@willows.cardiff.sch.uk

To report an absence, you can also use: firstday@willows.cardiff.sch.uk

Clare Davies continues to **support Year 8, Year 9 and second half of Year 11** in her capacity as Assistant Attendance Officer for attendance matters.

You can call, message, WhatsApp or e-mail her directly to report your child's absence on:

Mobile number: 07733 889062 Email: clare.davies@willows.cardiff.sch.uk

To report an absence, you can also use: firstday@willows.cardiff.sch.uk

We appreciate that sometimes it is hard to get through to Reception, and the Welfare Team are extremely busy. If your call is do with absence from school, please contact Clare or Donna via a direct call/text/e-mail/WhatsApp instead.

Letter from a Former Student – Dale Ward.

We were very lucky to have our former student Dale Ward return for a visit to Willows. It was amazing to see how well Dale is doing and we are all very proud of him. Below he writes a letter about his school experiences and what he is up to now.

“During my tender years in High School, I struggled with attending school (due to hospital appointments) and with the fact I had a rare form of epilepsy. I could not keep up with the deadlines and shook a lot, so my writing was badly affected. I would do my best to come to school after classes including Maths and English so I could try to keep up with my work. It wasn’t easy during High School but through it all the teachers were amazing. After I left school, I received the rising for the stars award which to this day I am very proud of.

I had trouble ‘finding my feet’ in terms of what I wanted to do and what I could do given my seizures. I could already not play sports due to overheating being a trigger to my seizures. During school I did gain a dream to become a chef; I loved cooking food so the first year out of school I did sixth form catering. Then after a few courses including sport and cake decorating went on to start an iced cake business. Selling my cakes to friends and family however, the stress and long hours in a heated kitchen caused my seizures to happen more frequently.

As well as making and selling cakes I was volunteering for charities the one most significant to myself was Ring20 Research & Support UK; the charity that supports the condition I have (Ring Chromosome 20 Epilepsy also known as Ring20). Eventually I had to discontinue selling cakes and focus my attention on my health and other passions that won’t affect my seizures as much. I took up Level 2 Health & Social Care as I have long enjoyed helping and caring for people. I would then go on to study Level 2 Psychology and Counselling. Roughly three years ago now I was offered the chance to become a Trustee and Patient Advocate for Ring20 Research Support UK. This was the result of my work (travelling to conferences and organising fundraisers). I enjoy helping people as I want and do the same that others have done for me.

I came back for a visit to the Willows High School not too long ago now and to see some of the teachers who I had some great lessons with and supported me through some tough times. For that I can only thank them; for the support the shown me through my High School years and of course the excellent tour of the school (14 years on from when I left) I received.”

<https://ring20researchsupport.co.uk>

<https://www.ring20unravel.co.uk>

<https://www.facebook.com/Ring20ResearchandSupportUK/>

Community:

Taking place at Railway Gardens (Adeline St, Cardiff CF24 2BH)

28.01.23 10am – 12pm Community Kitchen: A warm and social space.

28.01.23 10am – 12pm Y Gwyltion/Wild Things! Saturday nature activities for the family – Birdwatching.

01.02.23 10am - 3pm Brunch @things on toast

01.02.23 10am - 2pm Benthylg (Library of things) open for borrowing and collection

01.02.23 3.15pm - 4.15pm Forces of Nature – Free after school club.

[Railway Gardens Programme » Green Squirrel](#)

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 Rebecca Crnoja on

Rebecca.Crnoja@willows.cardiff.sch.uk

COMPAS Charity:

As a school we strongly support and advocate the work of the COMPAS charity. Some of our teachers visited the Czech Republic last year and witnessed the extreme poverty that the Roma children live under and the need for our help.

The charity has launched a new campaign, CAREGIVERS WITHOUT BORDERS. They aim to create strong links with the schools in the Czech Republic and Slovakia to help with very basic things such as fruit and drinks for children, basic clothing, stationary equipment and other useful items.

They are appealing for public donations that will be taken to Slovak schools at the end of this month and will provide more updates on the work upon our return from Slovakia.

Thank you very much in advance for any support:

<https://www.justgiving.com/crowdfunding/caregivers-without-borders>

Parents Coffee and Tea Morning

Beck our **Family Liaison Officer** from the Learning Lounge at Willows High School invites parents to a Coffee and Tea morning on Thursday 2nd February 9.30 – 10.30. Come and meet other parents, have a natter over a drink and a biscuit and enjoy the morning. You will have an opportunity to give your opinions on the school and how we can work together as a Parent Voice to improve things for our students.





KEEP SPLOTT TIDY JANUARY LITTER PICK



SATURDAY 28TH JANUARY 2023

**SPLOTT ROAD (CORNER OF THE OLD
VACCINATION CENTRE & RAILWAY STREET)**

10AM-12PM

All equipment provided
If you've borrowed equipment from us please bring that with you.

Come and join in the fun!



COST OF LIVING CRISIS ADVICE SURGERY

SPONSORED BY

VAUGHAN GETHING MS

**FRIDAY 3RD FEBRUARY 2023
09:30 - 11:00 AM**

STAR HWB SPLOTT

***COME AND HAVE A CUPPA AND A CHAT
WITH YOUR LOCAL COUNCILLORS ...***

CLLR HUW THOMAS



CLLR JANE HENSHAW



CLLR ED STUBBS



WITH HELP AND ADVICE FROM ...



RIVERSIDE ADVICE

**FOR MORE INFORMATION PLEASE CONTACT
VAUGHAN.GETHING@SENEDD.WALES**

0300 200 7150

Health and Well-being:

Today Friday 27th January is **PARENT MENTAL HEALTH DAY**. If you feel like you need help with your mental health please reach out.



**Parent Talk
Cymru
Parent Support**

There's a lot of pressure on parents at the moment. Parent Talk Wales is a free and confidential service for parents of 0-19 year olds in Wales. You can get support with anything that's worrying you about parenting or your child.

We're on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

This service is also available in Welsh

Visit: parent-talk.org.uk/wales

We're here:

- 12:30-19:30 Monday
- 10:30-16:30 Tuesday
- 9.30-16:30 Wednesday
- 12:30-19:30 Thursday
- 09:30-16:00 Friday

(Note: The poster also features a red heart logo with 'Action for Children' and 'Gwasanaeth Ffôn Biant' and a photo of a family.)

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 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):



**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 staff who follow the same confidentiality rules. We are in reply to you within our working day and you might get an automatic bounce back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you have text, you can contact a member of school staff or your doctor. Our text number does not accept voice calls or MMS picture messages. We support emergency 111, 16, 116111 and 1114. Texts are not included in messages sent from landlines. Emotional advice cannot be given. Number might be added again. Parents the school nurse team working through to you by text to 1114 or number. Please respect your school 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 Rebecca Crnoja (Family and Community Engagement Officer, Willows) in confidence on 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.

Strike Information

On Wednesday 1st February there will be a strike by teachers in the National Education Union. The school will therefore be closed that day. The decision to strike was a difficult one for teachers who, above all else, always have their students’ best interests at heart.

A quote from the National Education Union explains the reasons for the strike.

‘This is not about a pay rise but correcting historic real-terms pay cuts. Teachers have lost 23% in real-terms since 2010, and support staff 27% over the same period. The average 5% pay rise for teachers this year is some 7% behind inflation. In the midst of a cost of living crisis, that is an unsustainable situation.’

If you would like more information about the strike or how to best support our teachers please use the links below.

[NEU to take strike action over pay | NEU](#)

[When are teachers going on strike and why? | The Independent](#)

[Teachers explain why they've taken 'tough' decision to strike as Welsh schools in 'crisis' - Wales Online](#)

Diolch:

Thank you for another week of hard work and fun.

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



Revision Sessions – Year 11 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
After School	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm: Library open for homework
		French: Kaden Taylor, Ben Weeks, Ayan Hersi, Malaak and Selma Abdillahi	French: Laiba Ismail, Maasouma Alanzani and Heidi Rahali	French: Nisha Kaur, Jack Allen and Tobi Bamidele	French: Daniella Nakazzi, Shaida Tufiq, Thabo Mhlanga and Jospeh Ashton
		Physics (GCA)	Chemistry (AHO)	Biology (RKE)	
		English (NLC)	Maths (All papers)	Maths (Higher Tier)	
		History (NH)	Product Design (JK)	Welsh (Week 1 only – AGR)	
		RE (LG)	Art (AEJ)	Revision and Exam Skills (KMB - Library)	
		Hospitality and Catering (RD)			
		IT coursework catch-up (AH)			
		College, coursework and catch -up (LUW)			

Please liaise with Mr. Smith for catch-up sessions for Welsh Bacc and SWEET qualifications.

Remember each 30 minute session is worth 1 point. 10 points are worth a reward.