




BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

Weekly Newsletter – 10.2.23

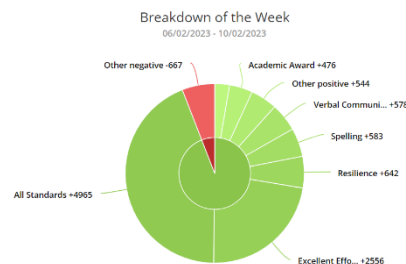
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Belong, Believe, Achieve:

We've had a positive and enriching week at Willows. If we all support each other and always show kindness, we can achieve great results.

Merits – 03.02.23 – 09.02.23:

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 | 3096 | 7Inness | Rhys Thomas |
| Year 8 | 2049 | 8Curie | Amelia Robinson |
| Year 9 | 2637 | 9Farah | Ethan Brittan |
| Year 10 | 1309 | 10Plato | Catrin Saunders |
| Year 11 | 1547 | 11Schumann | Daniel Johnson |

Dates for your Diary:

- 7.02.23 – 15.02.23 Open Evenings at Cardiff and Vale College (see poster later in the Newsletter for details)
- 16.02.23 9.30am – 10.30pm Parent Coffee and Tea Morning in the Learning Lounge
- 17.02.23 & 3.2.23 9.30am – 3pm Paedriatic First Aid Course in the Learning Lounge (see poster later in the Newsletter for details)
- 20.02.23 to 26.02.23 Half Term break

Sports Dates

- 15.02.23 Basketball Y9 Vs Eastern (Away)



School News:

Debate Club Victory

This week our Debate club took part in the Debate Mate Urban Debate League. Willows hosted the event which saw over 90 pupils from competing schools battle it out for victory.

Willows entered four teams who all did exceptionally well, debating on two motions; maths being taught until 18 and also whether the monarchy cause more harm than good. During this first round of the league, pupils had the chance to speak in both of the debates and from the audience, as well as having the opportunity to chair some of the debates. We are super excited that all four teams have progressed to the next round!

The Urban Debate League is a national competition and is a great opportunity for our pupils to improve their debating skills and debate against young people from other schools. The national finals will be held in a prestigious venue later in the year, so fingers crossed to our teams! Debate Club runs every Wednesday and new members are always welcome, please come and see Miss Nelms or Mrs Cook.



NHS virtual reality project

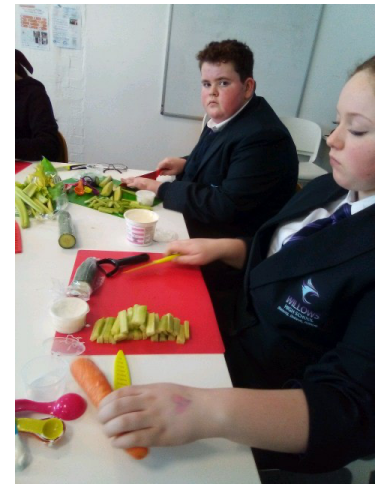
Pupils from 8ME recently had a unique experience. As the most improved class in year 8, they were chosen to work with a company called Gogglesminds. Using virtual reality headsets, they had a go at simulated medical procedures, learnt about different jobs in the NHS and also learnt how to create simulated patients.



Enrichment

Every Wednesday in week 2 the school runs our enrichment programme. Enrichment lessons help students develop skills and strengths beyond the classroom. Here are just a few of the activities our students have taken part in for enrichment this week.

Cooking – see our cooking on a budget page for the delicious recipe!



First Aid Training



Robotics



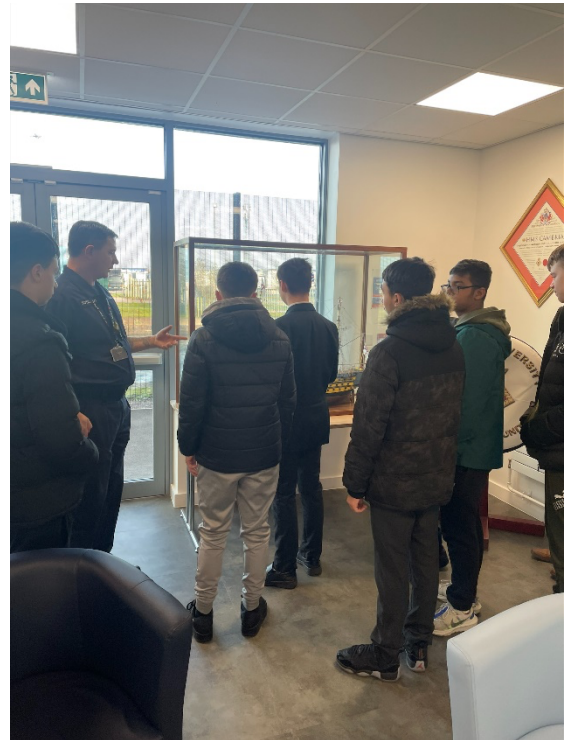
Games



MMA



Mr Furness took some students on an enrichment trip to visit HMS Cambria. The black block is a fuel block which was patented in Cardiff.



Cooking on a Budget – why not try making our delicious enrichment recipe at home?

Crudités with Sour Cream and Chive/Marie-Rose Dip

Crudités

Ingredients:

- 1 Carrot
- 2 sticks of celery
- Half a cucumber
- Red Pepper

Method:

Cut the pepper, celery and cucumber into long thin sticks.
Peel the carrot and cut into long thin sticks.

Sour Cream and Chive Dip

Ingredients:

- Sour Cream
- Fresh Chives.

Method:

Finely chop the fresh chives and mix with the sour cream.

Marie-Rose Dip

Ingredients:

- Tomato Ketchup
- Mayonnaise

Method:

Mix 2 tablespoons of mayonnaise with 2 teaspoons of tomato ketchup.

Student Council

Crudités
(kroo-di-tey-French)
an appetizer
consisting
of a variety of raw
vegetables and
served with a dip.



Student Council

Willow's Student Council is up and running again. Councillors are already tackling wellbeing issues around the school and working to improve behaviour.



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 Fifteen

| Welsh | Phonetic | English |
|--------------------------|-----------------------------|--------------------|
| ...(name)..... ydw i. | ...(name) Ud-do 'ee | I am |
| Rydw i'n byw yn | Rud-oo een biw un | I live in |
| Rydw i'n hoffi ... | Rud-oo een hoff-ee | I like |
| Dydw i ddim yn hoffi ... | Dud-oo ee dd-imm un hoffee. | I don't like |
| Diolch | Dee-ol-ch | Thank you |



Important Information for All Parents and Guardians

Please be aware that **Fixed Penalty Notices** are now being issued by Cardiff Council again.

If your child has more than 5 days of unauthorised absence since September 2022 or takes an unauthorised holiday, then you are at risk of a Fixed Penalty Notice Fine being issued.

Fines are £60 in the first instance. If this is not paid it rises to £120, then rises again to £180. If the fine is still not paid then parents will be summoned to court and the fine and costs will rise again.

Please note these fines do not go away. Please make sure to read any correspondence carefully.

To avoid being fined, please ensure that your child attends school every day - if there is a valid reason for absence, please contact the Attendance Team giving evidence where possible.



Cardiff and Vale College
Coleg Caerdydd a'r Fro



CAVC Open Evenings

Tuesday 7th February | 4.30pm – 7.30pm
City Centre Campus (All courses)

Wednesday 8th February | 4:30pm - 7:30pm
Barry Campus (All courses)

Thursday 9th February | 4.30pm – 7.30pm
ICAT (Aircraft Engineering Courses)

Thursday 9th February | 4.30pm – 7.30pm
Cardiff International Sports Campus
(Sport, Public Services and Travel & Tourism)

Wednesday 15th February | 4.30pm – 7.30pm
Creative Arts Academy (Creative Arts Courses)

For more details and to book your place
cavc.ac.uk/openevenings



Important change for after half term:



As part of developing ethical, informed practices at Willows High School, we have listened to our pupils who believe that we should attempt to reduce the amount of single use plastic in our school. We have also asked for the opinions of parents who also supported the idea (thank to everyone who responded). As a result, after half term our canteen will no longer be selling bottled drinks.

We would be grateful if you could make arrangements for your child to bring a reusable water container to school which can be refilled during breaktime and lunchtime at one of our water fountains. If you would like the school's support in this, please contact our Family Engagement and Wellbeing Officer, Rebecca Cronja at rebecca.cronja@willows.cardiff.sch.uk.

We appreciate your support in this initiative and will continue to listen to pupil views on how we can make further improvements to become more environmentally friendly.



Community:

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

11.02.23 10am - 3pm Brunch @things on toast

11.02.23 10.30am – 1pm Benthyg (Library of things) open for borrowing and collection

15.02.23 10.30am – 12pm Natter with Neighbours, community coffee morning.

15.02.23 12.30am – 2.30pm Free Language Café with SAFE Foundation

15.02.23 3.15pm - 4.15pm Forces of Nature – Free after school club.

16.02.23 2pm – 4pm Community Kitchen Table, warm and social space.

[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



We had another lovely Coffee and Tea Morning in the Learning Lounge! It was lovely to chat with parents and get their feedback on the school and we now have a Willows Parent Voice! We'd love to have you join us on Thursdays 9.30-10.30am.

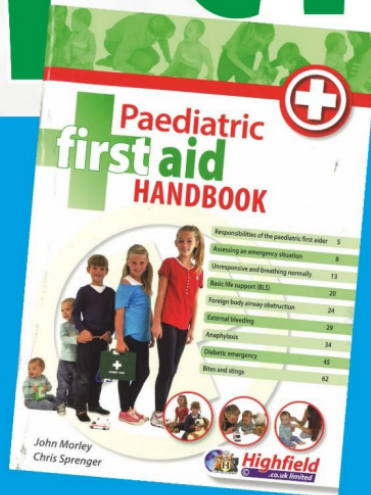




PEDIATRIG CYMORTH CYNTAF+

PAEDIATRIC FIRST AID

A level 3
fully accredited
First Aid Course
over 2 days



Cwrs
Cymorth
Gyntaf
Lefel 3 yn
rhedeg am
dau ddiwnod



FULLY RECOGNISED
GYDNABOD YN LLAWN



Friday 1th Feb & March 3rd. 9.30 –3pm
Contact Beck in the Learning Lounge:
07592037937
rebecca.crnoga@willows.cardiff.sch.uk

Maximum 12 places - Uchafswm o 12 lle


















Dysgu Oedolion yn y Gymuned
Adult Community Learning

I gadw lle ffoniwch
To book your place call
029 2087 2030



Health and Well-being:

| | | |
|--|---|---|
|  0300 300 7000  info@cavdas.com  www.cavdas.com  #CAVDAS22   @CAVDAS22 | |  <p>CAVDAS CARDIFF AND VALE DRUG AND ALCOHOL SERVICE</p> |
|  <p>Dedicated family and concerned other support, information and specialist advice.</p> | <p>"No Wrong Door"</p>  <p>Taking the first step is as important as navigating the system. Our services work together to ensure that no one is left behind and there is 'no wrong door'.</p> | <p>7 St Andrews Place, Cardiff</p> <p>2-10 Holton Road, Barry</p> <p>218, Cowbridge Road, Cardiff</p> |
| <p>Drop In and Open Access 9.30-3.00</p> | <p>Information, advice and guidance</p> | |
|  Specialist Support Assessment, care planning and structured counselling, therapeutic interventions to help people make changes to their substance use, support others to make changes or to maintain the changes that they have already made. |  Peer Led Recovery Access peer support aftercare and community rehabilitation programmes throughout your treatment and recovery journey. This includes 1:1, groups, community connections, volunteering, social activities and introduction to an independent recovery community offering support 365 days per year. | |
| <p>Outreach and community engagement</p> <p>We are happy to arrange to meet you where you feel comfortable. Let a member of the team know, we can come to you, or find a location that you choose.</p> <p>If you are experiencing homelessness and wish to access treatment for substance use our outreach workers, counsellors and clinical team work within the Cardiff Council MDT.</p>  | <p>Blood Borne Virus screening, Naloxone, Needle Syringe Programme, wound care and safer injecting advice.</p> <p>Harm Reduction</p>  <p>98, Neville Street, Cardiff</p> <p>2-10 Holton Road, Barry</p> | |
| <p>Peer led Independent service user voice.</p> <p>Drop In every Thursday St John's Church, 3 St John's Square Cardiff or contact us for details of focused events and activities</p> <p>Training and information is available to providers across the region. Contact training@cavdas.com to access our specialist courses.</p>  | <p>Children and Young People</p> <p>Specialist team within the community and youth justice service providing harm reduction and structured interventions to young people using substances and those affected by someone else's substance use. We work within schools, youth facilities and provide transitional support for individuals up to the age of 25.</p>  | |

St John The Baptist Church, 3 St John's Square, Cardiff, CF10 1GL
 Voices Action Change Independent Service User Voice

2-10 Holton Road, Barry CF63 4HD
 Engagement and support, recovery and aftercare, structured counselling, peer2peer volunteers, including specialist Needle Syringe Programme & harm reduction.

7 St Andrews Place, Cardiff, CF10 3BE
 Engagement and support, recovery and aftercare, structured counselling, harm reduction and peer2peer volunteers.

232 Holton Road, Barry, CF63 4HR / 218 Cowbridge Road, Cardiff, CF5 1GX
 Recovery and aftercare

Find us at:

Single Assessment Centre, 32 Cowbridge Road East, Cardiff CF11 9AG
 Outreach and counselling for MDT Cardiff Council homelessness services

Harlech Court, Bute Terrace, Cardiff, CF10 2FE
 Rapid Access Prescribing

98 Neville Street, Cardiff, CF11 6LF
 Specialist Needle Syringe Programme and harm reduction

John Kane Centre, 213A North Rd, Cardiff CF14 3GH / 91 Salisbury Road, Barry, CF62 6PD
 Youth Justice support and interventions




"No Wrong Door"




Substance Use services have changed in Cardiff and the Vale of Glamorgan. CAVDAS provides specialist substance use interventions, harm reduction, recovery and aftercare, and work force development across the region.

Our dedicated children and young people workers, adult and peer delivery teams provide advice, guidance and interventions. We support those who are looking to make changes to their substance use, maintain the changes that they have already made, or to support others in their recovery journey.

Contact us:

 **0300 300 7000**

 **info@cavdas.com**

 **www.cavdas.com**





Children and Young People workers are embedded in community engagement and alongside our partners in Youth Justice. We provide 1:1 and peer support reducing harm of substance use to young people and the wider community. The team will also support young people affected by another's substance use. We work within schools, youth facilities and provide transitional support for individuals up to the age of 25 who are moving out of services, or those transferring into specialist adult interventions.

Our outreach and dedicated counsellors are embedded into Cardiff Multi Disciplinary Team (MDT) homelessness service providing responsive treatment and support across Cardiff. Working closely with other agencies to engage individuals who may have complex and unmet needs. We provide Rapid Access Substitute Therapy (methadone / buprenorphine) for individuals dependent on opiates.



Specialist Needle Syringe Programme, Blood Borne Virus Testing for Hep B, Hep C and HIV, facilitation to vaccinations and treatment, safer injecting advice, wound care and harm reduction messages

Voices Action Change is an independent service user involvement team who ensure that co-production is at the heart of service delivery and development



Access peer support aftercare and community rehabilitation programmes throughout your treatment and recovery journey. This includes 1:1, groups, community connections, volunteering, social activities and introduction to an independent recovery community offering support 365 days per year.



Peer2Peer Harm Reduction Volunteers provide outreach for overdose prevention, naloxone training and distribution to substance users, and the wider community.

Substance use workers, dedicated 50+ workers and complex needs peer navigators provide 1:1 and group activities including case management, onward referral, harm reduction and structured interventions to make changes to their substance use. .



Family and concerned other support is available for those that wish to access advice and guidance on treatment systems, support family or friends with their substance use recovery or are looking to meet others who are experiencing similar circumstances.



Trauma informed structured counselling service that supports student and volunteer placements. We provide face to face, digital engagement and group sessions.

CAVDAS provides specialist training, advice and guidance for those working in health and social care around substance use, trauma informed practice, harm reduction, naloxone and overdose prevention.



Contact training@cavdas.com to find out more.

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



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):



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.



FLU VACCINATION WALK-IN CLINICS

Flu continues to circulate in Wales

If your child has missed the nasal spray flu vaccine in school or at the GP practice it is now being offered at:

Woodland House Mass Vaccination Centre

Maes Y Coed Road, Cardiff CF14 4HH

Monday to Sunday 10:00 – 18:30 until 31st March 2023

The injectable flu vaccines that do not contain pork gelatine are also being offered

Who's Eligible?

All children aged 2 years (aged 2 on 31st Aug 2022) to school age Year 11 within Cardiff and the Vale

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 Josph 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.