

BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 17.2.23

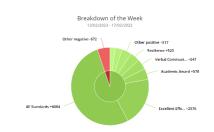
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Helo!

Belong, Believe, Achieve:

This week we have been celebrating students' amazing achievements in our rewards assemblies. Well done everyone!

Merits - 10.02.23 - 16.02.23:

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:



Include type: Behaviour

Year Group	Total	Excellent Effort	Merit Champions
Year 7	3275	7Hepworth	Violet Neale
Year 8	1937	8Curie	Mozdalefa Adem
Year 9	2210	9Farah	Kasandra Micula
Year 10	2225	10Plato	Lexi O'Meara
Year 11	2419	11Schumann	Nisha Kaur

Dates for your Diary:

20.02.23 - 24.02.23 Half Term.

3.3.23 – Paedriatic First Aid course (see poster in newsletter for details).

10.3.23 – Paedriatic First Aid (see poster in newsletter for details).



School News:

Year 8 Engineering project

This week the whole of year 8 took part in a project run by the engineering company, Arup. The project was centred around building a new school and the different decisions that had to be made in the process.

Year 8 were asked to design a new building for Willows High School, and it included everything from a swimming pool, to an arcade to a prison for the teachers!

The vast majority of pupils engaged fully in the project and worked well together in their groups. Hopefully, we have inspired some to become engineers in the future. Many thanks to the staff from Arup and to Adrian Cole from Careers Wales for helping to organise the event.













SEC

It has been a quiet half term for us at SEC but we have not stopped working. Courtesy of Jess from Kier and the gents from the Dodd Group (David, Paul & Sam), we now have a workshop complete with electricity and lighting where we can carry out research and development along with production of new and existing products.

We have also completed our end of year accounts with zero debts and Christmas salaries paid out in excess of £1000.

We are now working on products ready for the garden which will hopefully be available from early April and advertised on our social media accounts and through our website www.secschools.co.uk where you read about our story and see some of the projects that we are working on.

If you can't wait for our summer products, we shall be in the Railway Gardens in Splott leading a



workshop on building planters to add to their garden and you can pick up the skills to make your own. Further information and booking can be made here: https://greensquirrel.co.uk/projects/railway-gardens-programme/





Hay Scribblers Tour

This week, a group of our Year 10 pupils attended Cardiff Metropolitan University for a series of writers' workshops by authors of young adult fiction. They created outlines for two stories, inspired by workshops by super successful author and tarot reader Caroline O'Donoghue and Femi Fadugba (who's novel *The Upper World* will soon appear as a screenplay on Netflix). The day was led by prizewinning author Jenny Valentine, who was incredibly complimentary about how creative our pupils were. Without question, our pupils were the most enthusiastic and engaged participants, once again impressing all adults present. The organisers made a point of telling me how delighted they are to be working with Willows. Bendigedig to all who attended – you were Willows-tastic as always.



Appeal from a Year 11 Student

Hi, my name is Thabo, I'm 16 and wish to attend **World youth day** in August. This is an extraordinary once-in-a-lifetime event where I can grow in faith with other Youth from different walks of life. I would love to go because, in the past years, I had been experiencing undying **existentialism and sadness during Covid** thus trying to grow in faith has helped me seek a life of happiness in religion and break free from the constraints that Covid had. I can't afford this but as soon as I saw this pilgrimage, I knew it was for me...an **opportunity to extend my faith**. I understand that the economical state is not favourable but; I will **greatly appreciate any amount you can give**.

Here is the Go fund me link: Fundraiser by Thabo Mhlanga: World youth Day (gofundme.com)

Student Council

Student Council has changed times! Years 7,8 & 9 will now meet Tuesdays 3:10pm – 3:50pm and years 10 & 11 Thursdays 3:10pm – 3:50pm in the Learning Lounge.



Willows Welsh

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 Sixteen

Welsh	Phonetic	English	
Nofio	Nov 'e' oh Swimming		
Pêl droed	Perl droid Footbal		
Darllen	Dar-Il-enn	Reading	
Siopa	Shop-ah	Shopping	
Gwylio teledu	G-willy- oh tel-eddie	Watching television	
Rygbi	Rugby Rugby		

World Book Day:

'World Book Day' is on March 2nd this year. Pupils can obtain their free book or receive money off their purchase using the voucher attached to the newsletter any time between February 16th and March 26th 2023. The voucher can be printed off or shown electronically on their device.



Please encourage your child to read regularly at home especially over the half-term break. The 'World Book Day' website: www.WorldBookDay.com also contains activities and resources linked to teenage literature that many of our pupils would find interesting and entertaining.

Mathematics Department

All of our students' weekly Mathematics homework are accessible on MathsWatch (https://www.mathswatchvle.com/). They must be submitted on their given deadlines. Each set homework is open for a month, so that students can keep improving their scores. This will also help your child to revise and to practice the mathematics and numeracy skills, knowledge and understanding that they have been learning in class. There are videos available to each topic and interactive questions that they can try. Please ensure your child completes and submit their homework on time.

On that note, we would like to say a huge congratulations to all those who have been working so hard on their MathsWatch.

Here is this week's "Top 3 Leaderboard" for each year group.

Year 7 Leaderboard

	Week	Month		Year	
#	First Name	Surname	Year	Class	Marks
1	Chimamanda	Obieze	7	7MA/Ma	98
2	Elizabeth	Ayodeji	7	7MA/Ma	92
3	Amir	Youb	7	7MA/Ma	55

Year 8 Leaderboard

	Week	Month		Year	
#	First Name	Surname	Year	Class	Marks
1	Kane	Williams	8	8FR/Ma	40
2	Mahveen	Chowdhury	8	8JO/Ma	10
3	Mozdalefa	Adem	8	7RI/Ma	10

Year 9 Leaderboard

	Week	Month	Month		Year	
#	First Name	Surname	Year	Class	Marks	
1	Kayden	Allen	9	9FA/Ma	33	
2	Marwa	Elmi	9	9FA/Ma	33	
3	Chloe	Edwards	9	9FA/Ma	33	

Year 10 Leaderboard

	Week	Month	Month		Year	
#	First Name	Surname	Year	Class	Marks	
1	Youssef	El-Refaei	10	10PL/Ma	144	
2	Samar	Ali	10	10PL/Ma	38	
3	Inaaya	Chowdhury	10	10PL/Ma	38	

Year 11 Leaderboard

	Week	Month	Month		Year	
#	First Name	Surname	Year	Class	Marks	
1	Daniel	Johnson	11	11MO/Ma	18	
2	Rowan	Williams-Lord	11	11SC/Ma	6	
3	Nisha	Kaur	11	11SC/Ma	6	

Numeracy Enrichment

Numeracy Boost sessions (NBS):

Using a variety of digital (e.g., TT-Rock Stars) and non-digital resources, all KS3 pupils will benefit from Numeracy Boost Sessions to enrich their Mathematics skills. they will be delivered fortnightly by Mathematics teachers. It is a great opportunity to support low abilities further and stretch high potential pupils. It will start after the half term break.

Internal Numeracy Competition - KS3:

A Numeracy competition is taking place before easter holiday. KS3 pupils have been provided with some relevant resources that can be used to prepare for the quiz.

Relevant emails with details have been already sent to pupils.

Junior UKMT Challege - Y7 and Y8 MAT pupils:

UKMT Challenge is an external Mathematics competition giving Y7 and Y8 MAT pupils the opportunity to tackle a variety of mathematical activities which inspire their love to problem solving. It will take place in April. Below is the link to the UKMT website where pupils can familiarise themselves with the challenge and can practise as much as they need to increase their confidence.

Relevant emails have been already to pupils.

https://www.ukmt.org.uk/competitions/solo/junior-mathematical-challenge/archive

For any related questions, please contact Mrs Ait-Brahim at:

halima.ait-brahim@willows.cardiff.sch.uk

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 at first (if this is not paid it rises to £120) £120 (if this is not paid it rises to £180) £180 if the fine is still not paid then you 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.

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)

Railway Gardens Programme » Green Squirrel

18.02.23 10am - 3pm Brunch @things on toast

18.02.23 10.30am – 1pm Benthyg (Library of things) open for borrowing and collection

18.02.23 10.30am - 12pm Share it Saturday: Learn to build a wooden planter with Willows High students

19.02.23 10am - 3pm Brunch @things on toast

21.02.23 11am - 2pm Natural dyeing workshop for families

22.02.23 10am - 3pm Brunch @things on toast

22.02.23 10.30am – 1pm Benthyg (Library of things) open for borrowing and collection

22.02.23 10.30am – 12.30pm My tree. Our Forest: Come and collect a free tree for your garden

22.02.23 10am – 12.30pm The Games Museum: Free integral play session and coffee morning

22.02.23 12.30am - 2.30pm Free Language Café with SAFE Foundation

23.02.23 10am - 3pm Brunch @things on toast

23.02.23 2pm – 4pm Community Kitchen Table, warm and social space

24.02.23 10am - 3pm Brunch @things on toast

Half Term Ideas

February half term 2023: 16 free things to do in Wales with all the family - Wales Online

Half Term in Cardiff | Half Term Activities Cardiff (totalguidetocardiff.co.uk)

FUN FOR THE FAMILY THIS
HALF TERM IN CARDIFF •
News & Blogs • Visit Cardiff





Contact Beck in the Learning Lounge if you would like more details: rebecca.crnoja@willows.cardiff.sch.uk

Can you help with the 'Digital support for young people with their mood & wellbeing' study?

Researchers at Cardiff University have developed a bilingual program/app with young people to support their mood and wellbeing, called **MoodHwb**. Do you know of any young people who would be interested in trialling the programme?

It is an opportunity to offer mental health support to young people, and the feedback will help to develop resources in the future. All participants will receive a gift voucher and certificate. It's free to take part.



Staff or parents/carers can encourage young people (13-19 years old) who are experiencing low mood (or other difficulties with their mood/wellbeing) to go to the study website for more information and to fill in a participation form: https://www.ncmh.info/help-with-research/digital-support-study/ There is a video on the project on this site.

The research team can also send **postcards** about the study to the school which can be given to young people. Parents and carers can also take part, and you might also wish to share the project details in your online communication or newsletters with parents/guardians.

Dr Rhys Bevan Jones (psychiatrist and study lead) is also happy to present a virtual session on the project, mental health and careers (e.g. on medicine, psychology and art) for students at your school. Rhys recently won a 'Digital Innovation Award' by the Association for Child and Adolescent Mental Health (ACAMH) for his work on the development of digital mental health programmes.

For more info, please visit the study website or email: YouthOnlineStudy@cardiff.ac.uk

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 I

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

Health and Well-being:



0300 300 7000

info@cavdas.com

www.cavdas.com







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(f) @CAVDAS22



"No Wrong Door"

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'.

Information, advice and guidance

7 St Andrews Place, Cardiff



2-10 Holton Road, Barry

218, Cowbridge Road, Cardiff

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. have already made.

Peer Led Recovery

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

Outreach and community engagement

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. If you are experiencing homelessness

Q Q

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.

Blood Borne Virus screening, Naloxone, Reduction Needle Syringe

Programme, wound care and safer injecting advice



98, Neville Street, Cardiff 2-10 Holton Road, Barry

Peer led Independent service user voice.



Drop In every Thursday St John's Church, 3 St John's Square Cardiff or contact us for details of focused events and activities

of focused events and activities
Training and information is
available to providers across the
region.
Contact training@cavdas.com to

Children and Young People

Specialist team within th 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 transitional support for individuals up to the age of 25.

St John The Baptist Church, 3 St John's Square, Cardiff, CF10

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 Assessme 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

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

"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 I:I 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.

Access peer support aftercare and community rehabilitation programmes throughout your treatment and recovery journey. This includes I:I, groups, community connections, volunteering,

social activities and introduction to an independent recovery

community offering support 365 days per year.



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



Peer 2Peer 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 I:I 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.



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.



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

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 0.30-16:30 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 embarassed 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/

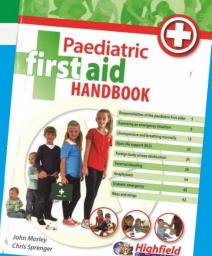
Here is a reminder of some of the key services available for young people and their families:

- **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.

PEDIATRIG PAEDIATRIC CYNTAL TARGET CONTROLL TO THE PAEDIATRIC CONTROLL TO THE

(A) D)

A level 3 fully accredited First Aid Course over 2 days



Cwrs
Cymorth
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Lefel 3 yn
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FULLY RECOGNISED GYDNABOD YN LLAWN



Friday March 3rd and Friday March 10th 10am – 2pm in the Learning Lounge.

Maximum 12 places.

To book contact Beck on 07592037937 or rebecca.crnoja@willows.cardiff.sch.uk



I gadw lle ffoniwch To book your place call

Dysgu Oedolion yn y Gymuned Adult Community Learning







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:

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.

Thank you for a wonderful half term. We hope you use the week off to rest, relax, have fun and come back full of energy on the 27th!

Team Willows



	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)			

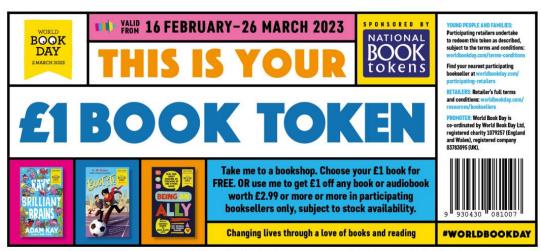
Please liaise with Mr. Smith for catch-up sessions for Welsh Bacc and SWEET qualifications.

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



£1 Book Token Secondary Schools (UK)

World Book Day® changes lives through a love of books and reading. Our mission is to promote reading for pleasure, offering every child and young person the chance to choose and have a book of their own. We hope you will join us in celebrating the joy of reading. Visit worldbookday.com for reading tips, videos, activities and brilliant recommendations from your favourite authors. Your £1 book token is available below.



For the full list of £1 books, visit worldbookday.com/books, for full terms visit worldbookday.com/terms-conditions

The World Book Day £1 books are a gift from booksellers, who fully fund the cost of the £1 book token redemptions. Check with your local bookseller what plans they have in

who fully fund the cost of the £1 book token redemptions. Check with your local bookseller what plans they have in place for World Book Day. Please note:

- Only **ONE TOKEN** can be used per transaction.
- · Token is for young person's individual use.
- Offer valid 16 February 2023 26 March 2023 inclusive.
- The book token barcode can either be scanned from your phone/tablet screen or printed out and shown in-store.
 Please check with your local bookseller before visiting if they can accept the barcode on mobile devices.
- The digital £1 book token cannot be redeemed online.

Visit our FAQ page to answer all your questions: worldbookday.com/about-us/frequently-asked-questions
To contact the World Book Day team, email wbd@education.co.uk



WIN A FIERY FAMILY ADVENTURE!

Celebrate 20 years of Cressida Cowell's magica series with a chance to win a trip to Heide Parl in Germany, the theme park that is home to an entire How to Train Your Dragon land. PLUS lots of extra goodies to be won.

To enter and for full terms and conditions visit worldbookday.com/HowToTrainYourDragon



Changing lives through a love of books and reading